Mindfulness Practice Activities

1. Mindfulness Overview
   1. What is Mindfulness?
      1. Mindful Awareness-Focusing in the present moment without judgement. You can take a mindful approach to anything you do by being present and withholding judgement. It means using our 5 senses to slow down and paying attention in a relaxed way.
   2. Why is Mindfulness Important?
      1. Mindfulness helps us be more aware of our surroundings, stay focused, regulate our emotions to stay calm, relieve stress, increase happiness, and be more patient.
2. Mindful Seeing
   1. What is Mindful Seeing
      1. The ability to be present in our noticing of details while withholding judgement. It allows us to better observe ourselves, other people and our surroundings to more fully enjoy and learn from them.
   2. Why Practice?
      1. Mindful seeing helps us sharpen our focus by calling on one sense to purposely observe. It helps us become more attuned to observing details by slowing us down and focusing our attention. It helps us be more aware of the details in our academic work as well as helps us see social and emotional cues in others helping us become more empathetic. It helps us become more attuned to noticing safety and danger and help us appreciate the details in the world around us.
   3. Activity
      1. Make a few paper snowflakes by folding a piece of paper and cutting the folds of the papers. Make each snowflake slightly different. Unfold the snowflakes and mindfully notice the difference in the snowflakes.
3. Mindful Listening
   1. What is Mindful Listening?
      1. Listening in the present moment, with nonjudgement thoughts. Mindful listening helps us choose which sounds to focus our attention on and helps us to be thoughtful in the way we hear and respond to the words of others.
   2. Why Practice?
      1. Research suggests that when we become more focused and responsive to our environment by participating in mindful listening. Training our brains to concentrate on specific sounds helps heighten our sensory awareness which helps build self-awareness and self-management skills. Mindful listening also lays groundwork for social awareness and effective communication. By being able to listen in a focused way what others are saying and to be able to hear details such as tone and inflection give a listening a better perspective on the meaning of what someone is trying to say and help them respond in a more efficient way. This can help students with following directions, resolving conflicts, building friendships, and critical listening.
   3. Activity
      1. Open an outside door and sit down and mindfully notice all the sounds you hear.
4. Mindful Eating
   1. What is Mindful Eating?
      1. Appreciating our food through slowing down to notice our foods taste, temperature, and texture.
   2. Why Practice?
      1. It helps slow down the everyday process of eating and be more aware of the food they are eating and how much which helps with overall health and digestion. It helps students become more conscious of their food choices and encourages healthy eating and trying new foods. When students practice mindful eating, it helps with their self-regulation and self-management skills as well.
   3. Practice
      1. Eat one of your meals mindfully taking your time noticing different tastes, textures, colors, temperatures, and smells.
5. Mindful Movement
   1. What is Mindful Movement
      1. Being alert to the sensations of the body when it is at rest and when it is active to helps us monitor our physical and mental states such as exertion and stress.
   2. Why Practice?
      1. Mindful movement helps us be more aware of our body signals to help manage our emotions and behaviors. It also helps with self-regulation and management skills by learning to control breathing, and heart rate. It also helps strengthen the brain and body connection.
   3. Activity
      1. Go for a mindful walk. Notice the temperatures, the sights, smells, and noises. Notice where you are walking, the tempo of your walking, the size of your paces. Notice your feet touching the ground, the movement of your body, the speed of your breathing, and the beating of your heart. When complete analyze your mindful walk and how it compares to other walks you have taken.