

# MINDFULNESS



Activity  
Task Cards

## MINDFUL BREATHING

1. Sitting or standing, place your hands on your belly. Close your eyes, or look down toward your hands.
2. Take three slow, deep breaths in and out.
3. In your mind, count '1, 2, 3' for each breath in and '1, 2, 3' for each breath out. Pause slightly at the end of each exhale.
4. Continue for 3 to 5 minutes or until the teacher says, "Stop."

### Guiding Questions

- Can you feel your hands moving?
- What is moving your hands? Is it the air filling your lungs?
- Can you feel the air moving in through your nose?
- Can you feel the air moving out through your nose?
- Does the air feel a little colder on the way in and warmer on the way out?
- Can you hear your breath?
- What does it sound like?



# PINWHEEL BREATHING

Materials: a pinwheel

1. Sitting or standing, hold your pinwheel in front of you. Focus your attention on it.
2. Take a deep breath in through your nose.
3. Breathe out gently through your mouth and see if you can make your pinwheel spin.
4. In your mind, count '1, 2, 3' for each breath in and '1, 2, 3' for each breath out. Pause slightly at the end of each exhale.
5. Continue for 2 to 3 minutes, or until the teacher says, "Stop."



## Guiding Questions

- Is the pinwheel moving quickly or slowly?
- Can you feel the air moving in through your nose?
- Can you feel the air moving out through your mouth?
- Can you hear your breath?
- How does the handle of the pinwheel feel against the skin of your palm?

# BELLY BUDDIES

Materials: small lightweight object such as a soft toy, a small beanbag, or a wooden block

1. Lie flat on your back and place the object on top of your belly button. Look down toward your object.
2. Take three slow, deep breaths in and out.
3. In your mind, count '1, 2, 3' for each breath in and '1, 2, 3' for each breath out. Pause slightly at the end of each exhale.
4. Continue for 3 to 5 minutes, or until the teacher says, "Stop".

## Guiding Questions

- Can you feel the weight of the object on your belly?
- Can you see the object moving?
- What is moving the object? Is it the air filling your lungs?
- Can you feel the air moving in through your nose?
- Can you feel the air moving out through your nose?
- Can you hear your breath?



## SHARK FIN

1. Sit or stand comfortably. Keep your body straight. Be still and silent. Soften your breath and shut your eyes.
2. Place the side of your hand on your forehead, with your palm facing out to the side.
3. Slide your hand down your face, in front of your nose.
4. Say "Shhh" as you slide your hand down your face.
5. Complete this once, or repeat 2 to 3 times.



## BREATHING COLORS



1. Sit or stand comfortably. Keep your body straight. Be still and silent. Soften your breath and shut your eyes.
2. Think of a relaxing color. It can be any color, as long as it reminds you of relaxing.
3. Now think of a color that represents stress, sadness, or anger.
4. Imagine you are surrounded by the relaxing color. No longer is the air clear; it is the relaxing color.
5. Take a deep breath in and imagine breathing in the relaxing color. Imagine the color filling your lungs.
6. As you breathe out, imagine that your breath is the color of stress.
7. See the stress color mix into the relaxing color around you. Watch it disappear.
8. Breathe in your relaxing color. Breathe out your stress color.
9. Continue for 3 to 5 minutes or until the teacher says, "Stop."

# BREATH STAR

1. Spread one hand out like a star.
2. Use the index finger on your other hand to trace the outline of your star hand.
3. Take a deep breath in as you move your tracing finger to the top of your thumb.
4. Breathe out as you move your tracing finger down between your thumb and first finger.
5. Take another breath in as you move to the top of your first finger.
6. Breathe out as you move down between your first and second fingers.
7. Continue this pattern, tracing each of your fingers until you have taken five slow, deep breaths.
8. Repeat on the other hand.



# BACK-TO-BACK BREATHING

1. Find a partner. Sit with your back resting against your partner's back.
2. Sit up straight. Be still and silent. Soften your breath and shut your eyes.
3. Take three slow, deep breaths in and out.
4. In your mind, count '1, 2, 3' during each breath in and '1, 2, 3' during each breath out. Pause slightly at the end of each exhale.
5. Continue for 3 to 5 minutes.



## Guiding Questions

- Can you feel your partner's back moving as they breathe?
- Is their breath shallow or deep? Fast or slow?
- Did your breath fall into sync with your partner's? In what way?

# BODY SCAN

1. Stand or lie comfortably. Keep your body straight. Be still and silent. Soften your breath. Shut your eyes or look toward your hands or the ceiling.
2. Take three slow, deep breaths in and out.
3. Focus on your feet for 5 to 10 seconds.
  - How does this body part feel?
  - Is it cold or warm?
  - Does it feel tight or relaxed?
  - Is all, or part, of that body part touching the floor?
  - Can you feel any clothing against your skin?
  - What does it feel like?
4. Move your focus to your toes, then your ankles, then your calves and then your knees. Consider the above questions at each 'stop'.



5. Continue, body part by body part, until you reach your head.
6. If you feel any tightness or stress in a particular area, imagine breathing the stress out of that body part with each exhale.

# MINDFUL EATS

Materials: a small piece of allergy-friendly food such as chocolate or fruit

1. Sit straight and still. Close your eyes or look downward.
2. Take three slow, deep breaths in and out.
3. Hold the food up to your nose, and take a deep breath in. Notice the smell and how the smell makes you feel.
4. Take a small bite of the food. Let it sit in your mouth awhile before you swallow it.
5. Notice which muscles in your mouth, neck, and body move as you eat.
6. Pause between each bite and notice any changing sensations in your mouth or body.
7. Continue eating your food slowly and mindfully.



## Guiding Questions

- What is the taste like? Is it sweet or savory?
- What does the food feel like on your tongue?
- Do you need to crunch it between your teeth, or can you slowly dissolve it in your mouth?
- Try taking a slightly smaller or slightly larger bite. How does this change the way eating this food feels?

# MINDFUL STEPS

1. Head outside and find a small area where you can walk in a line for five steps and then turn and walk back again, without interruption. You may like to take off your shoes and socks.
2. Stand still and straight. Take three slow, deep breaths in and out.
3. Take five steps in one direction, walking slowly and noticing how your body moves with each step.
4. Listen to the sounds around you and the sounds your feet make on the ground. Try not to change the way you walk, but instead just notice how your body naturally moves.

## Guiding Questions

- What does the ground feel like under your feet?
- When you take a step, which part of your foot touches the ground first?
- Does your body feel heavy or light today?
- Are you slouching when you walk or is your back up straight?



# MINDFUL SOUNDS

Materials: live or recorded sounds such as a ringing bell, nature sounds, or calming music

1. Sit straight and still. Close your eyes and take three deep breaths in and out.
2. When you begin to hear a sound, concentrate on what you can hear.
3. Pay attention to whether you hear it louder in one ear than you do in the other.
4. Keep your eyes closed until the sound is completely gone.
5. If you notice your thoughts wandering, bring your attention back to the sounds you can hear.
6. After you open your eyes, remain silent until you hear a voice again.



## Teacher Notes

- Students close their eyes while the teacher initiates the sound(s).
- The activity is finished when the sound has completely dissipated.

# SUPER SENSES

1. Sit or stand straight and still. Close your eyes or look downward.
2. Take three deep breaths in and out. Then, open your eyes.
3. 'Turn up' your senses to a superhuman level. You will begin to see, hear, smell, taste, and feel more than an ordinary human being.
4. Focus on what you can hear. Listen intently to the sounds around you, beyond the space you are sitting in now and out in the wider world.
5. Think about what you can see. Pay attention to tiny details that you may not usually see, like the slightly curled edge of a piece of paper or a speck of dust on a table.
6. What can you taste? Is your mouth dry? Is your tongue relaxed?
7. What can you smell? Is there a strong or subtle smell in the air?



8. Notice what you can feel, such as the weight of your body on the chair, or your feet in your shoes, or the temperature of the air.
9. Keep your super senses switched on until the teacher says, "Stop."

# A MOMENT OF GRATITUDE

1. Sit or stand straight and still. Close your eyes or look downward.
2. Take three deep breaths in and out.
3. Think of something you feel grateful for today. This is your 'gratitude moment'.
4. Think about how this moment affects your life, or the lives of people around you.
5. Notice how you feel when you think about your 'gratitude moment'.
6. Let the feeling grow bigger, spreading from where it is until it fills your entire body.

## Suggested Gratitude Prompts

Something that someone else did for you today

A person in your life whom you appreciate

An activity or hobby you are grateful to be able to do

A positive quality of someone who can

sometimes be hard to get along with

A skill or ability you have

A part of your body you are grateful for and why

An item that you love

Something that made you laugh

What you have learned from something that was hard



# SENSORY BOTTLE

Materials: a sensory bottle filled with small floating objects or colored liquid bubbles

1. Shake the bottle well so that its contents are all mixed up.

Imagine that the stirred-up bottle is like your mind when you are feeling stressed, angry, or upset. Just like it is hard to see the contents of the bottle clearly, it is hard to think clearly when we are upset.

2. Place the bottle down on a table.

Watch what happens when the bottle is still for a few moments.

Notice how its contents begin to settle and the water clears. Our mind and our feelings work the same way.

When we stop and are still for a little while, hard feelings feel less intense and we can see things more clearly.

Follow the falling objects or colored bubbles with your eyes until every last one has settled at the bottom of the bottle.



# MINDFUL EXPLORERS

1. Head outside and imagine that you are an explorer in a land where humans have never been before.
2. Remain quiet, calm your thoughts, and move slowly while you are exploring.
3. Turn your senses of sight, touch, and sound onto high.
4. Search for a natural object or a small creature to examine.

- What does it look like?
- What color is it?
- What does it smell like?
- Can you touch it safely?
- What does it feel like?
- How does it move?
- What shapes and lines can you see in it?





# SENSE COUNTDOWN

1. Sit or stand straight and still. Close your eyes or look downward.
2. Take three deep breaths in and out.
3. Open your eyes.

- Notice **five** things you can see.
- Notice **four** things you can touch.
- Notice **three** things you can hear.
- Notice **two** things you can smell.
- Notice **one** thing you can taste.



# HEARTBEAT

1. Sit straight and still. Close your eyes or look downward.
2. Take three deep breaths in and out.
3. Place your fingers or hands over the part of your body where you can best feel your pulse (or heartbeat):
  - on the side of your neck, under your jaw
  - inside your wrist
  - over your heart.
4. Notice how quickly or slowly your heart is beating.
5. Think about your current feelings.

Do you think this feeling is connected to how quickly or slowly your heart is beating?

6. Without speaking, stand up and jump on the spot ten times.
7. Sit down and find your heartbeat again.

What changes do you notice? Is your heart beating faster or slower than you expected?  
Can you notice any change in your breath?

8. Close your eyes and focus on your heartbeat until it slows down again.

