

## Mindful Bodies

Notice how you are sitting,  
notice how you feel,  
become still in your body,  
notice the quiet that results.

Mindfulness is always with us, just a choice away.

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## Mindful Breathing – Finding Your Base

Notice what it feels like to breathe.  
Notice where you feel your breath and  
stay at your base. Keep your attention  
on your breath and see what you notice.

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## Mindful Body Awareness

Take a trip around your body.  
Notice how your feet feel and  
scan your body from your feet to your head.  
What sensations do you notice?

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## Heartfulness - Generosity

What does generosity mean to you?  
What does it feel like to be generous?  
Notice when you and others are generous.  
Generosity is all around us.

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## Mindful Listening

Notice what you hear, listen very carefully.  
What do you notice?  
What do you hear around you,  
and even in your own body?

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## Heartfulness – Sending Kind Thoughts

May you/I be healthy and strong.  
May you/I be happy.  
May you/I be peaceful.  
May you I be/feel... (safe, loved, etc.)

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## Mindful Breathing – Staying at Your Base

Anchor words can help us stay focused.  
As you notice your breath, and what it feels like  
to breathe, say “breathing in, breathing out” to  
keep your attention on breathing.

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## Mindfulness of Thoughts

Notice your breath and then notice thoughts.  
Are they about the past, present or future?  
When you notice a thought, label it  
“thinking, thinking” and see what happens.

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## Mindful Seeing

Pretend you have keen animal eyes like a hawk or lion. Look around very slowly and very carefully.

What do you notice with mindful seeing?  
What do you hear when you are mindful seeing?

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## Heartfulness – Kind and Caring with Others

Imagine a friend or you get picked on and notice how that feels. Notice how it feels to join in or get angry. Now notice how it feels to be kind and caring with others. What's your preference?

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## Emotions – Creating Space

Mindfulness helps bring space between our emotions and actions. When you notice a certain emotion, try labeling it with anchor words as you pay attention to your breath to create space.

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## Slow Motion

Bring attention to how you move your body. Slow down enough to move very slowly, raising up one arm at a time, then standing and sitting slowly.

What do you notice in slow motion?

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## Gratitude – Looking for the Good

What does it mean to feel grateful?  
List ten things are grateful for and notice how you feel. Commit to noticing the good around you and share it with others also.

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## Mindful Walking

Balance on both feet evenly and feel your feet on the ground. Slowly lift one foot, put it back down and repeat on the other side. Notice how it feels to walk throughout your day.

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## Mindful Eating

Notice how you feel as you prepare to eat. Feel the food on your tongue, notice how your jaws move to chew and notice what you taste.

What else do you notice?

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## Mindful Test Taking/Performance

Imagine you are about to take a test or perform. Notice any anxiety and then visualize yourself working through the anxiety and doing well, moment by moment, step by step.

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