



LITTLE PACK OF MINDFULNESS



WHY PRACTISE MINDFULNESS?

When we do mindful activities we learn to:

- **Not think so much about the future and past but more about the present.**
- **Be aware of our thoughts, emotions and feelings in our body.**
- **Let go of unhelpful thoughts.**
- **Enjoy more of the things going on around us.**

WHAT'S IN THIS PACK?

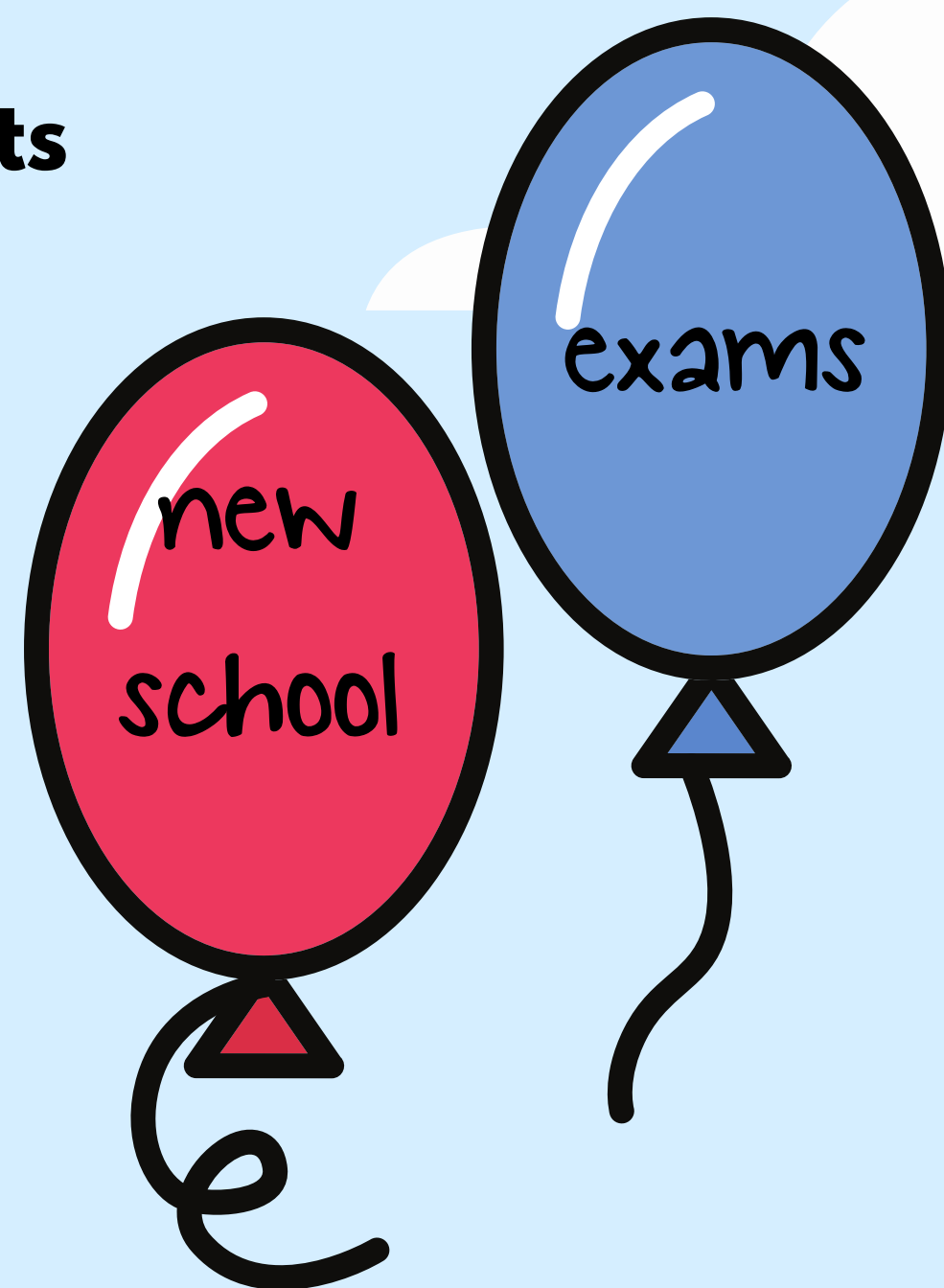
- **Some simple but really great mindful activities.**
- **A page for making any notes as you complete the activities.**
- **A 30 day chart challenging you to do a mindful activity every day for 30 days.**
- **A 30 day mindfulness challenge certificate.**



Letting go of thoughts

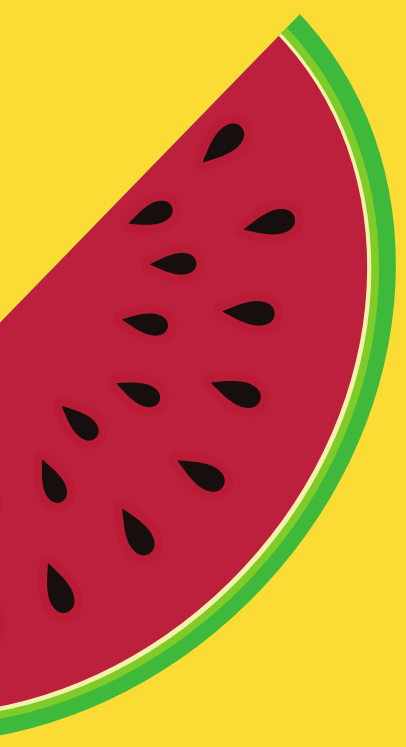
Although we should always share thoughts that upset us, it is also helpful to learn to manage your own thoughts.

Take a minute to practise taking a thought, putting it in an imaginary balloon (you can pick the colour) and then smile as you let it go and see it float away.



If the thought comes back just put some more air into your balloon and let it go again. The more you practise letting your thoughts go, the better you will become at it and you can then choose which thoughts to hold onto and which to let go.





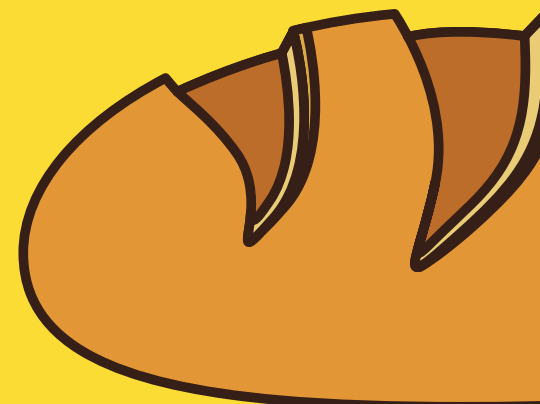
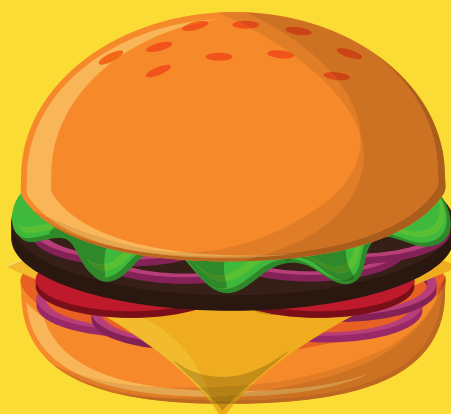
Blindfolded eating challenge

Next time you sit down for some food you like, put on a blindfold and say a few words to describe how your food:

Tastes

Feels to the touch

Smells

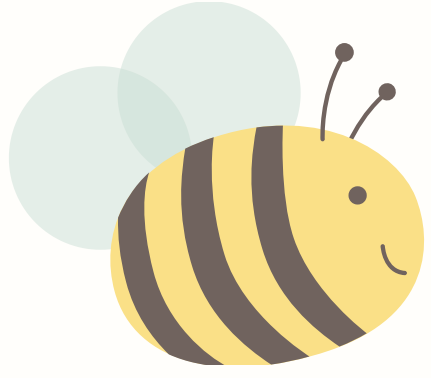


Now try taking off your blindfold and look at the food you are eating, noticing any colours, textures and anything else that catches your eye.





Take a mindful walk



Taking a walk is great for keeping the body healthy but its also great for your brain, especially when you practise taking notice of everything around you.



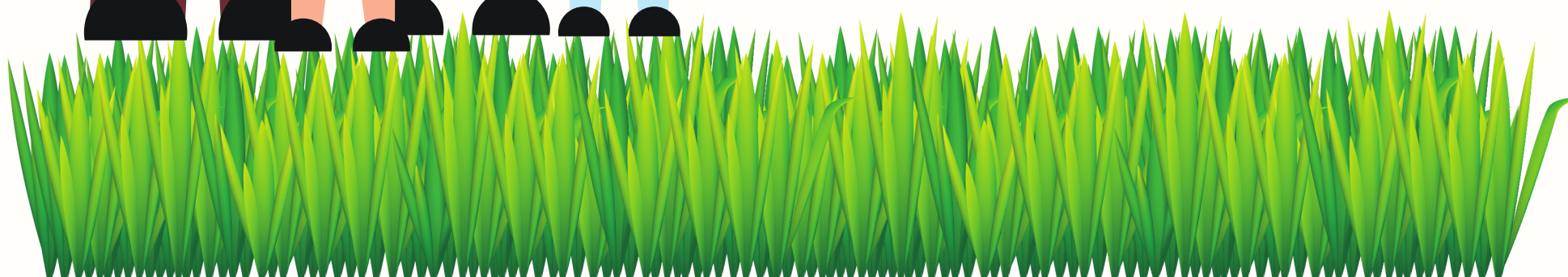
Use your eyes - can you notice anything new? Look at a plant or tree and notice how beautiful it is! Look at how blue or grey the sky is or how many shapes you can see in the clouds



Use your ears - can you hear any birds singing? Is the wind whistling? What can you hear? It can help to close your eyes when doing this, just remember to stop walking first!



Use your nose- can you smell any flowers or freshly cut grass? What smells (nice or not so nice) can you notice?



Take a body scan

Take a moment to get to know your body. Pretend your body is being scanned by a machine that sends the information straight to your brain.

1

Set a timer on your watch or a phone. Start with 20 seconds and then build it up to 1 minute.



Sit or lie down and close your eyes. Then move through your body from your head to your feet and try to notice any sensations. You might feel pain, a tingling feeling or maybe nothing at all.

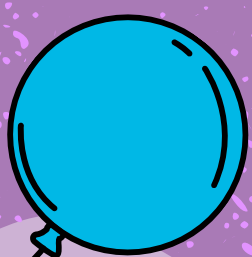
2



3 If any thoughts come into your head, maybe about what's for lunch, then bring your focus back to your body.

4

When your time is up, gently open your eyes, have a stretch if you need to and carry on with your day.



Mindful deep breathing



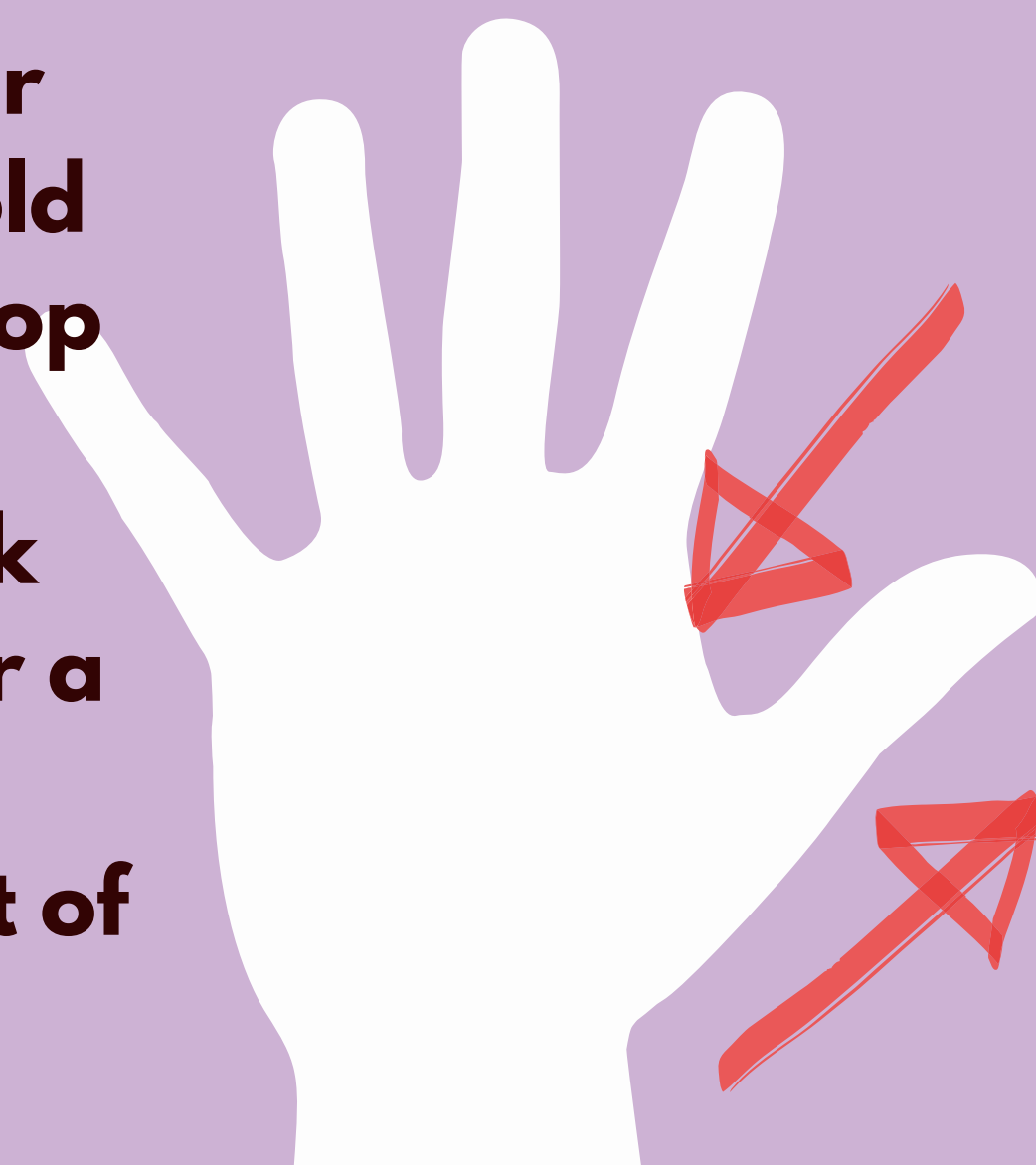
- Posture is important so sit up nice and straight.
- Breathe in from your nose (if you can) whilst imagining you are blowing up a balloon in your belly. If you place a hand on your tummy, you should feel it moving out and back in as you breathe on and out.
- When breathing out through your mouth pretend you are blowing through a straw.

To introduce the mindful aspect, bring your full attention to the sound and feeling of your breath coming in and going out. If any thoughts come into your head, gently bring your attention back to the breath.

Hand breathing

Try this for a quick deep breathing technique, great for when we start to feel a bit worried or angry.

- Trace up your thumb with a finger on your other hand. As you do this, breathe in. Hold your breath for a few seconds at the top of the thumb.
- As you breathe out, trace your finger back down the thumb. Hold your out breath for a few seconds.
- Then carry on going up and down the rest of your fingers.
- Remember: in, hold, out, hold



Notes on your mindful activities

Notes on letting thoughts go (what colour balloon did you use, how well did it work for you?)

Notes on mindful eating (what food did you eat, how did it smell, taste, look and feel to touch?)

Notes on mindful walking (what did you see, smell and hear?)

Notes on body scan (what sensations did you notice in your body?)

Notes on mindful breathing (what did you notice when you focused on your breath?)

30 DAY MINDFULNESS CHALLENGE

Like anything, our skills at being mindful increase with practise, so we challenge you to do a mindful activity every day for 30 days.

		Activity Completed
Day One		
Day Two		
Day Three		
Day Four		
Day Five		
Day Six		
Day Seven		
Day Eight		
Day Nine		
Day Ten		
Day Eleven		
Day Twelve		
Day Thirteen		
Day Fourteen		
Day Fifteen		

You're half way through and doing brilliantly. Keep up the great work.

Day Sixteen		
Day Seventeen		
Day Eighteen		
Day Nineteen		
Day Twenty		
Day Twenty One		
Day Twenty Two		
Day Twenty Three		
Day Twenty Four		
Day Twenty Five		
Day Twenty Six		
Day Twenty Seven		
Day Twenty Eight		
Day Twenty Nine		
Day Thirty		



Congratulations
**You have completed the 30 day
mindfulness challenge**



**Now keep practising so you may become a
master of mindfulness**

REMEMBER – HAVE FUN

Mindful activities are great for learning more about our thoughts, emotions and feelings in the body but can be fun as well. Try to do these activities with friends and family so you can all have fun and learn together.

