



Mindfulness Activity








Now that you know more about mindfulness and meditation, we invite you to use this worksheet to reflect on the practice and your experience.

IDEAS

- Mindful walking/running
- Mindfully pet an animal
- Mindful eating
- Listening closely (e.g., music)
- YouTube guided video
- Focusing on the in/out breath
- Mindful drawing
- Mindful stretches
- Come up with your own

CHECK IN - BEFORE






How would you rate your emotions 5 minutes before this activity?

				
1	2	3	4	5
Negative		Neutral		Positive

What emotion are you currently feeling? (Reference the Emotion Chart)

CHECK IN - AFTER

How would you rate your emotion after completing this activity?

				
1	2	3	4	5
Negative		Neutral		Positive

What thoughts or sensations did you notice?

What did you learn during the activity?

Do you feel the activity you chose worked well for you?

Yes No Not sure

What practice would you like to try next?