



Mindfulness Activity



SCAN HERE
FOR THE
SERIES

After watching the short video series, choose one mindfulness activity below. Practice it for about one minute (or longer if you prefer) and then complete the reflection questions to deepen your experience.

SUGGESTIONS

- | | | |
|--|---|---|
| ☐ Mindfully walk or run | ☐ Mindfully spend time with an animal | ☐ Mindfully eat a piece of fruit |
| ☐ Listen mindfully (convo, music) | ☐ Follow a guided mindfulness video | ☐ Focus on your inhale & exhale |
| ☐ Mindfully draw or paint | ☐ Create your own mindfulness activity | ☐ Mindfully stretch your body |

CHECK IN - BEFORE

How would you rate what your feelings before beginning this activity?

1	2	3	4	5
Very Unpleasant		Neutral		Very Pleasant

What emotion(s) are you currently feeling? (Reference the Emotion Chart on P. 16)

CHECK IN - AFTER

How would you rate what your feelings after finishing this activity?

1	2	3	4	5
Very Unpleasant		Neutral		Very Pleasant

What thoughts, emotions, or physical sensations did you notice?

What did you notice or learn about yourself during this activity?"

How helpful did this activity feel for you?

What practice would you like to try next?