



# 101 Ways to have a Mindful Spring. 1.

How many will you do?

1. Eat a meal in silence
2. Go for a meditative walk
3. Take a photo of a reflection in a drop of rain
4. Jump in a puddle
5. Walk in the rain and feel the drops of rain
6. Blow bubbles into the wind
7. Grow cress in an eggshell
8. Spend an hour or two colouring in
9. Watch a candle flame flicker
10. Try laughter yoga
11. Feed the ducks
12. Dance to your favourite song
13. Listen to the birds
14. Learn some yoga poses
15. Watch the sun rise in the morning
16. Eat a pomegranate seed by seed
17. Observe your thoughts nonjudgmentally
18. Take a photo of your shadow
19. Stand on one foot for one minute
20. Irish dance on St Patrick's day





# 101 Ways to have a Mindful Spring. 2.

How many will you do?

21. Set an intention for the day and do it
22. Write a list of 100 things you are grateful for
23. Write a haiku
24. Make an origami animal
25. Massage your hands
26. Paint a picture on a stone
27. Go for a walk in the woods and listen to the sounds
28. Sing a song out loud
29. Skip with rope
30. Have a day with no technology at all!
31. Do a good deed for someone
32. Pick up a piece of litter
33. Play solitaire
34. Paddle in a stream even if it's cold
35. Walk bare foot on the grass
36. Look at the stars on purpose
37. Cloud watch
38. Walk up a hill
39. Smile at yourself in the mirror
40. Eat fresh coconut from the shell





# 101 Ways to have a Mindful Spring. **3.**

How many will you do?

41. Do a body scan
42. Sit in silence for half an hour
43. Find a small insect and watch it move
44. Go on a swing
45. Draw a picture of a house with your eyes closed
46. Listen to a piece of music and paint/draw the music
47. Eat a sandwich with your eyes closed
48. Watch the sunset
49. Hunt for a four-leaf clover
50. Eat a doughnut without licking your lips
51. Make a potato man
52. Study your hands, notice every line
53. Massage your feet
54. Write a list of 100 things you want to do
55. Write a list of 100 things about you
56. Observe your breath
57. Try hula hooping
58. Make an insect home
59. Do a random act of kindness for a stranger
60. Wear your watch or bracelet on the opposite wrist for a day





# 101 Ways to have a Mindful Spring.4.

How many will you do?

61. Learn hello in three new languages
62. Pick a small bunch of wildflowers
63. Wear a toga to celebrate the Ides of March 15th
64. Give yourself a huge hug
65. Say out loud 10 nice things about yourself
66. Draw a self-portrait
67. Wear a color you don't normally wear
68. Spend an afternoon reading
69. Spend a day not using the word "I"
70. Spend a day not using criticisms at all
71. Do a rainbow walk, spot an item of every color in the rainbow
72. Write a short story about the month of March
73. Write a letter of appreciation to somebody who has done something nice for you in the past.
74. Pay someone a compliment
75. Carefully have a walk around one of your rooms with your eyes closed
76. Have a candlelit evening with no artificial light
77. Have a picnic
78. Have a mindful bubble bath
79. Fly a kite
80. Pay total attention to a conversation with a friend. Mindfully listen





# 101 Ways to have a Mindful Spring. 5.

How many will you do?

81. Go to work a different way
82. Sit in silence and guess when a minute is up
83. Buy a small bunch of tulips and watch them open over the course of a few days
84. Roll down a small hill
85. Choose a random place on a map and visit it
86. Draw your feelings on a piece of paper
87. Listen to a Ted Talk
88. Sit on a park bench and just be
89. Do a jigsaw puzzle
90. Observe your thoughts nonjudgmentally
91. Spring cleans your home
92. Visit your local library
93. Look into your eyes in a mirror and tell yourself words of loving compassion
94. Make a collage of pictures/things that make you happy
95. Find your favorite affirmation and say it daily with emotions
96. Get up half an hour earlier
97. Start your mornings with daily stretches
98. Make Welsh cakes for St David's Day
99. Sketch a daffodil
100. Have a day off all social media
101. Establish a Meditation routine