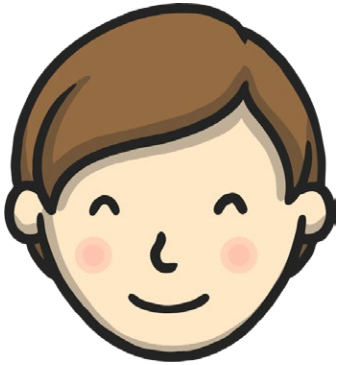
Mindfulness
Challenge Cards



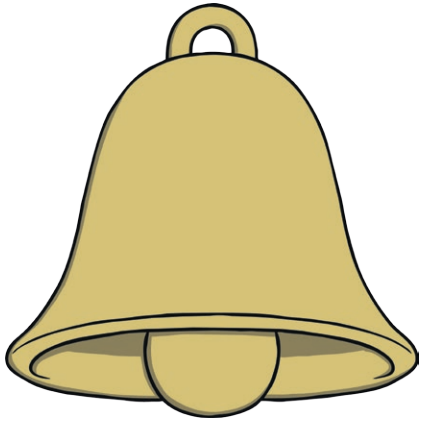
Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



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Ring a bell or make a lasting noise with another instrument or method.

Listen very carefully to the fading sound until you are sure you can no longer hear it.



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Ask someone to drop a feather and watch it very closely as it floats to the ground.

Listen carefully to a piece of music and draw a line on a piece of paper which matches the feeling created by the music.



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Close your eyes and ask a partner to pass you an object that you can hold in your hands.

Touch and turn the object, describing each aspect in detail to your partner and then swap places.



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Lie on your back outside and close your eyes so you can use all of your senses except for sight.

Notice the feel of the air, the feel of the ground, the sounds that surround you and any smells that are present.



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Lie with your back on the floor and place a soft toy on your tummy.

Breathe in and out slowly and deeply and try to concentrate on the way your toy rises and falls with your breathing.



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Find something with a strong and pleasant scent e.g. lavender or orange peel and place it close to your nose.

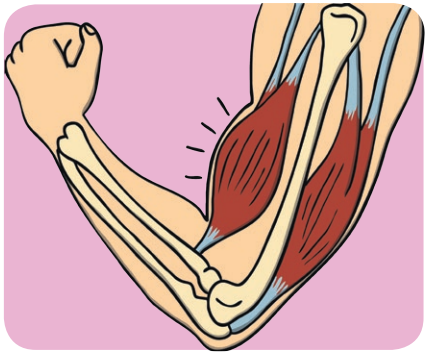
Try to concentrate just on the smell for a whole minute.



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Lie comfortably on your back on the floor. Move your attention around your body by tensing and clenching your muscles and then relaxing them. Hunch your shoulders, then let them go.

Make your hands into fists then tighten the muscles in your arms before relaxing them. Continue to move around your body repeating this process.



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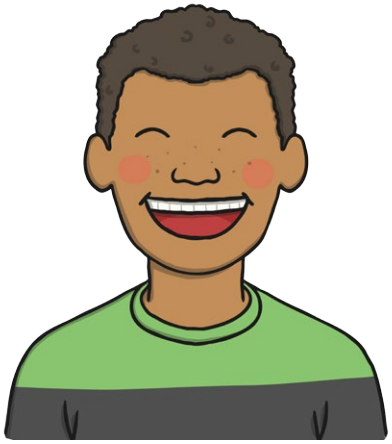
Sit in a room with your eyes closed.

Ask someone else to spray a perfume or deodorant at the other side of the room and, keeping your eyes closed, try to notice the exact moment when the smell reaches you.



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At the same time of every day, think of one thing to be thankful for.



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When you are eating, slow the process right down and try to activate all your senses. Look carefully at your food before you eat it.
What does it look like? Bring it closer so you can smell it. What does it smell like?
As you place it in your mouth, be aware of the texture of the food and how it feels.
What does it taste like? Does the taste come in successive waves or all at once? Can you recognise the individual ingredients?

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Take a walk and concentrate on the act of walking.

What movements does each leg perform in each stride?

Which part of your foot hits the ground first?

What does the ground feel like underneath your shoe/ foot?



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Try hot writing – choose a short period of time such as one minute and try to keep your pen or pencil moving for the entire time.

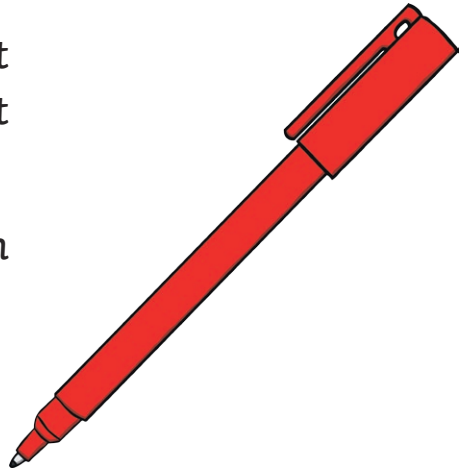


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Choose a subject to focus your thoughts or simply write about whatever arises in your mind.

If you can't think of what to write then write 'I can't think of what to write...'

Do whatever you need to in order to keep writing.

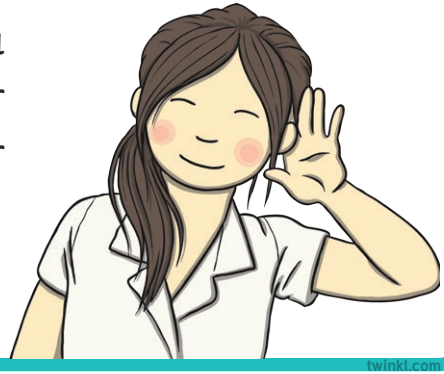


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Listen really carefully to what someone else is saying.

Stop doing anything else and give them your complete attention.

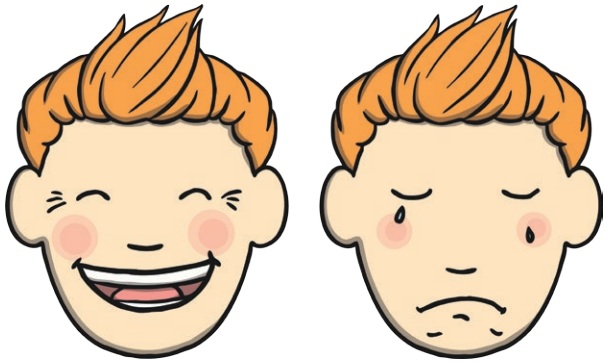
If you think of things you wish to say, let the speaker finish before you add your thoughts.



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Take a moment to think about how you are feeling.
Which words would describe how you are feeling?

Can you trace back the origins of those feelings?



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