

# Mindfulness Activities for young people



**These Mindfulness exercises are designed to support you to clear your thoughts and appreciate your feelings offering some cool down space. There is no time limit on these activities.**

## Reflection

1. Think about the argument you have seen between your parents.
2. How did you feel about this? How do you think your parents think you feel about this?
3. Could there be three things you have in common?

## Visualisation

1. Lie down or sit in a comfortable position
2. Recall a situation where you have felt uncomfortable.
3. Let's widen your vision to the potential opportunity you have within this situation.
4. Are there any positives you can think of within this?
5. Now open your eyes if you're lying down take your time in getting back up



## Breathing exercise

**Step 1.** Get in a comfortable position

**Step 2.** Begin counting breaths

**Step 2.** Place hand on the chest to feel inhaling and exhaling

## Mindful grounding

- Step 1.** Stop what you are doing.
- Step 2.** Find three things around you.
- Step 3.** Look at the first object, what do you notice about this.
- Step 4.** Look at the second object, what do notice about this?
- Step 5.** Look at the third object, what do notice about this?
- Step 6.** Wonder to yourself why you picked these three things?
- Step 7.** Tell yourself a positive thought.

## Feeling my feet on the grass

- 1.** Go to your garden, or a public field.
- 2.** Start to listen to your breathing
- 3.** When you are ready take your shoes and socks off.
- 4.** And stand on the grass while focussing on your breathing
- 5.** Feel the grass in between your toes and on the soles of your feet.



## Sky watching

- 1.** Look up at the sky.
- 2.** Look at the clouds.
- 3.** Start to listen to your breathing.
- 4.** Count 10 breaths.
- 5.** What shapes are the clouds? Do they remind you of anything?

## Imaginary hugs

- 1.** Focus on your breathing
- 2.** Listen to the sounds around you
- 3.** Close your eyes
- 4.** Cross your arms and place them on your shoulders.
- 5.** And squeeze yourself tight!

## Kindness to yourself

Create a journal where you write 3 positive things about yourself at the end of each day.



## Imagination breathing

1. Sit in comfortable position for you.
2. Focus on your breathing
3. Place your hand on your chest and count 10 breaths in and out.
4. When you feel comfortable to do so, close your eyes
5. Try to focus on your breathing and the sounds you can hear around you
6. Thoughts will come into your head, listen to the thoughts and then let them go. Paying attention to your breathing and noises around you.
7. When you have finished your Imagination Breathing, reflect on how you were feeling during this.

## Awareness of body feelings

We all have feelings, and they are all healthy, but sometimes certain feelings may feel stronger than others. How does this make you feel in your body? Do you have a warm feeling? Do you have tummy ache? Do you feel hot? Can you write down how you feel on paper or on your phone?



## Mindful music

Listening to music can be useful with expressing emotions. Choose a song that represents how you are feeling and sing the lyrics by yourself or with friends and family!

## **Mindful walking**

Go for a walk and observe what's outside. Take some photos on your phone of the trees, plants, stones, buildings...

## **Mindful eating**

When having a meal look at your food, noticing the colouring, and smell of the food. When eating your food, try to slow down when chewing, notice the taste, and substance of the food.

## **Thankful exercise**

Have a journal where you write three things you are thankful once a week.

