

Mindfulness Wednesday

A dark blue, solid-colored shape that starts as a thin line at the bottom left and expands diagonally upwards to the right, filling the bottom right portion of the page.

Slow and Silent Walking

1. Look around the room you are currently in. Find an area where you can walk a straight line without any obstructions. I want to stand at the furthest spot.
2. Your back needs to be straight, knees soft, and muscles relaxed.
3. When I ring the bell, we'll start walking very slowly, keeping our gaze downward to make it easier to concentrate.
4. Notice the feeling in each foot as you step. Do you feel the heel of your foot, the ball of your foot, and your toes?
5. When you get to the end, turn around and wait for the bell to begin again. While you're waiting, focus on your breath.

Special Star

1. Sit or lie down comfortably with your eyes closed. Breathe naturally, noticing how it feels to breathe in and out.
2. I am going to read to you a guided visualization.
3. When I finish, sit up slowly and reach your hands to the sky. Take a deep breath in and lower your arms as you breathe out.

Special Star (Guided Visualization)

Imagine that there is a star in the sky just for you. It can look like anything at all— it can be any color, made out of any material, and it may change from moment to moment and day to day, just as everything changes. Sometimes large and sometimes small, sometimes bright and sometimes dim, your star is always there. Let's feel the warmth of the star on different parts of our bodies. As the starlight shines on your forehead, feel your forehead relax, and all the stress and strain of the day fade away. Then imagine that the starlight shines on your shoulders...your arms...your hands...your chest...your stomach...your lower back...your legs...your ankles..and your feet. And finally, imagine your whole body resting in the warmth of the starlight.