

Mindfulness Wednesday

Fading Tone

1. Sit with your back straight and your body relaxed, resting your hands gently on your knees. If you like, you can close your eyes.
2. When I ring the bell, listen to the sound of the tone as it fades away and raise your hand when you can't hear the tone anymore--when the sound stops.
 - a. Ring the bell
3. I'll ring the bell a few more times. Sometimes the tone will be short, and sometimes it will be long. Pay close attention, so you can raise your hand as soon as the sound stops each time.

Talking Points:

What was it like to listen to the tone?

How do you feel now?

Does your body feel relaxed?

Is your mind busy or quiet?

Counting Breaths

1. Sit with your back straight and body relaxed, resting your hands gently on your knees
2. Breathe in naturally and silently say **one** in your mind. Then, as you breathe out, relax your forehead.
3. Let's do it again. Breathe in naturally and silently say **two** in your mind. Then as you breathe out relax your neck and shoulders.
4. Now breathe in, and silently say **three** in your mind. Then, as you breathe out, relax your stomach.
5. Let's try it again, but this time I'm not going to talk. Sync your breath to my hand motions, counting silently on your own. Don't forget to relax as you breathe out.

Talking Points:

Did your mind get quiet when you were counting breaths?

Did you feel relaxed?

How many breaths did it take?

Did your mind get busy again right away or did it stay quiet?