
Mindfulness Wednesday

What did I hear?

1. Sit with your back straight and your body relaxed, resting your hands gently on your knees, and close your eyes. Notice what it feels like to breathe in and out right now.
 2. I'm going to make some sounds with different instruments for you to listen to. You don't have to make any extra effort to hear them; just relax and listen.
 3. Listen closely and see if you can guess what's making the sounds. Just relax and wait for the sounds to appear like little surprises. Try to remember what you heard so you can tell me your guesses at the end.
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What did I hear?

4. Were you able to guess what was making any of the sounds?
 5. Were you surprised by what you heard?
 6. What was it like to hear different sounds with your eyes closed?
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Mindful Breathing

1. Lie on your back with your legs flat on the floor and your arms by your sides. If you like, you can close your eyes.
 2. Feel the back of your head touching the floor.
 3. Now feel your shoulders, your upper back, your arms, your hands, your lower back, your legs, and your feet touching the floor.
 4. Notice what it feels like to breathe in and out. There's no right or wrong way to breathe. It doesn't matter if your breathing is fast or slow, deep or shallow.
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Mindful Breathing

5. Pay close attention to your in-breath. Can you notice when you first start to breathe in and then follow the feeling of your in-breath all the way to the very first moment of your out-breath? If it's hard to keep your mind on your in-breath, silently say the word "in" every time you breathe in.

6. Can you notice when you first begin to breathe out and then follow the feeling of your out-breath all the way to the very first moment of your in-breath? If it's hard to keep your mind on your out-breath, silently say the word "out" every time you breathe out.

Mindful Breathing

7. Let's put it together and pay attention to an entire breath, carefully following every moment. If it's hard to keep your mind on your breathing, silently say the word "in" every time you breathe in and the word "out" every time you breathe out.

8. When you're ready, open your eyes and sit up slowly. Take a breath and notice how you feel.
