

Mindfulness Activities

Purpose: Mindfulness can re-train us to feel gratitude for our surroundings and bring happiness and calm to stressful situations. The activities listed here are ways to begin mindfulness practice as an individual, or with your family or a group of friends.



Grape or Apple Mindfulness-(1-3 minutes)

1. Before eating your fruit, notice its shape, color, aroma, sensation in your fingertips and feel as you turn and touch its peel.
2. While eating your fruit, delay swallowing after each of several small bites, until after you have taken in the taste, sensation, and volume of the food. Feel the food in your mouth and throat. Feel the sensation of saliva and swallowing.



Walking Mindfulness- (5-8 minutes)

1. Determine where you will walk, if you will walk alone or with others. A place of nature is recommended. Having your own path, not a shared path, is encouraged.
2. Walk from point A about 10-20 steps to point B, turn and slowly walk back and forth 10 times.
3. While you are walking, do not talk or hum, or sing, but stay quiet and use your eyes and senses to take in all that you see while moving back and forth, not stopping to consider, just allowing the experience of walking to be mindful of what is present.
4. Do you feel sunshine or cold? Is there animal or flower nature to behold? Gravel under your feet? Sounds of walking, nature, water, winds or rustling? Note your breathing and mindfully slow your breaths.



Shared [Visual] Human Mindfulness- (5 minutes)

1. Pair up with a friend or family member, sit facing each other in a comfortable position on comfortable furniture or on pillows on the floor.
2. Begin by allowing yourselves to be present in silence, try to gaze easily at each other without talking or smiling or laughter.
3. Start at an awareness of the other's head and facial features, move to the neck, then shoulders, taking in hair color, eye color, features of ears, cheekbones, shape of the neck, and skin.
4. Share your discoveries with your friend or family member after 5 minutes.

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