



MINDFUL MOMENTS

HEAD & HEART
mindfulness

Instructions

These mindfulness activity cards are intended for 1-2 minutes practise. Follow the instructions on each card. When your mind wanders, bring your awareness back to the present moment and the mindfulness activity that you are practising.

Enjoy!

Deep Belly Breathing

Place your hand on your belly. Breathe in through your nose and out through your mouth. Notice your belly rising and falling.



Nostril Breathing

Breathe in through your nose and out through your mouth. Notice the sensation of air entering your nose.



Mindful Looking

Choose an object, any object, to really look at.

Notice the colours, shapes, patterns, lines etc. Focus your awareness on this object.



Mindful Listening

Close your eyes and sit very still.

Focus your awareness on any sounds that you can hear within your body and around you.



Mindful Touch

Give yourself a hand massage. Try hard and soft pressure.

Pay attention to what you can feel.



Partner Massage

Take it in turns to draw pictures on your partners back or draw massage stories.

Notice what you can feel as you give the massage and receive the massage.



Listen To Music

Choose a piece of music for the mood you desire.

Close your eyes and listen to the music. Be aware of the different types of sounds.



Singing Bowl

Sit quietly and still, with your eyes closed.

Focus your attention on the sound that the bowl makes and raise your hand when the sound stops.



Breathing Ball

Use a hoberman sphere. Breathe in through your nose as you make the ball bigger. Breathe out through your mouth as you make the ball smaller.



Kind Words

Close your eyes and think of someone that you care about and see most days. Imagine yourself telling them what you like about them and see them smiling. Notice how this makes you feel.



Generosity

Close your eyes and think of someone you would like to be generous to.

Imagine that you are helping them or giving them something to make them happy. Notice how this



Gratitude

Think about all of the great things in your life: things that make you happy. Imagine them in your mind, write them down or draw them.



Happiness

Close your eyes and think of a happy memory. Remember as much as you can: who was there, what you were doing and how you felt.



Breathing Buddy

Lay down on your back and place a small toy or object on your belly.

As you breathe in and out, notice the toy or object moving up and down.



Body Scan

Close your eyes and be still. Starting at your feet, move your awareness through your body and notice any sensations you feel.

Relax each part of your body as you go.



Finger Breathing

Hold one hand up with your fingers spread out wide. Trace around this hand with a finger from your other hand. Start at the bottom of your pinky. As you trace up each finger, breathe in and as you trace down, breathe out.



Positive Thinking

Notice how you feel in this moment. How would you like to feel or what attribute would you like to build in yourself? e.g. calm, happy, clever, amazing etc. repeat to yourself "I am"

