

Mindfulness Every Day!

We have been learning all about **mindfulness**. We have been noticing when we have a '**scattered mind**'. This is when our mind is busy, distracted and full of thoughts.

With mindfulness, we are learning to be more focused on our daily experiences. To help us be more focused, we can make everyday things mindful practices.

Why not try to do some of the activities below mindfully? All you need to do is really focus and notice how it feels to do these things.

The questions can help you focus but you do not have to answer them – **just pay attention!**



Be mindful when...
brushing your teeth.

What sounds do you notice?
What flavours do you notice?
How does it feel to have
clean teeth?



Be mindful when...
washing your hands.

How does the water feel?
How does the soap smell?
How does it feel to dry
your hands?



Be mindful when...
having a drink.

How does the drink taste?

Is it cold or hot?

Can you feel the drink as it goes
through your body?



Be mindful when...
getting dressed.

How do the socks feel on your feet?

Are your clothes soft or itchy?

Do you feel warmer when you
are dressed?