



MINDFULNESS

Practicing these skills helps you to increase awareness of thoughts, feelings, and behaviors to improve your mental health and wellness.

Mindfulness Skills & Activities

The more you practice mindfulness the more it will help our mental muscles to have better focus, attention, and awareness. Below are the skills of mindfulness to practice. You can choose from many activities below to practice the skills of mindfulness.



Notice It

(Observe Skill)



Say Something About It

(Describe Skill)



Do It

(Participate Fully Skill)

1-2-3

Counting Breaths



Listen to music and paying attention to one instrument



Going for a walk and naming what you see



Mindfully eating your favorite treat



Dancing



Playing an instrument



Playing a game



Color



Blow bubbles