

# Mindfulness Exercises Worksheet

Name	Date
------	------

## Exercise 1: Mindful Breathing

Close your eyes, find a comfortable place to sit, and pay attention to your breath. Notice how the air is coming in and going out of your body. When your mind wanders, bring it back to your breath in a gentle way.

Practice Time: \_\_\_\_\_ minutes

## Exercise 2: Body Scan

Lay down or sit in a comfortable position and focus on different parts of your body, from your toes to the top of your head. Notice what each part of your body feels like without judging it.

Practice Time: \_\_\_\_\_ minutes

## Exercise 3: Mindful Walking

Take a walk outside and pay close attention to how your body feels as you move. Notice how the ground feels under your feet, how your arms move, and the sounds and sights around you.

Practice Time: \_\_\_\_\_ minutes

## Exercise 4: Loving-Kindness Meditation

Sit comfortably and say kind things to yourself and others, like "May I be happy, may I be healthy, may I be safe, may I live easily." You can also use these phrases with people you care about, people you know, and even those who trouble you.

Practice Time: \_\_\_\_\_ minutes

## Exercise 5: Mindful Eating

Take a few minutes to eat a snack or meal somewhere quiet and pay attention to how it tastes, feels, and smells.

Practice Time: \_\_\_\_\_ minutes

## Reflection Questions

Which exercise was the most difficult for you?

Did your thoughts or feelings change at all during or after the exercises?

How can you make mindfulness a part of your everyday life?