

Mindfulness Activity Cards

Mindfulness Activity Card

Slowly trace your left hand with your right finger, starting where your hand and wrist meet. As you trace each finger breathe in as your finger climbs up and breathe out as your finger slides down. Then switch hands.

Mindfulness Activity Card

Noticing the felt sensations of anger, take a moment to just witness how your body feel? Breathing in, breathing out, where do you feel the anger? What colour is it? Temperature? Shape? Texture? Now imagine that anger is your good friend. What is it telling you you need?

Mindfulness Activity Card

Imagine your belly is like a balloon. Breathing in, notice how the balloon gets bigger as it inflates. Breathing out, notice how the balloon gets smaller as it deflates.