

## **Mindfulness Activity Card**

**Close your eyes and sit quietly. Notice the way that our clothes feel on your body. Notice your shirt. Pants and shoes. Do you notice anything you didn't notice before?**

## **Mindfulness Activity Card**

**Sit quietly and place small object in your hand. A pencil, eraser, or something else. Notice how heavy the object is. Think about what it feels like in your hand. Notice one new thing about this object.**

## **Mindfulness Activity Card**

**Concerning your ears with your hands, take long and slow in-breaths and out-breaths as you imagine waves rolling back and forth towards the shore. Listen to the sound your slow breathing makes.**

## **Mindfulness Activity Card**

**Imagine a big fluffy cloud floating above you  
See it come down gently beside you.**

**Imagine what your cloud looks like. What color is it?  
Does it have a shape?  
This is your own special cloud.. you are completely  
Safe & Happy when you are on Cloud.**