

# Mindfulness Activity: Listening to our bodies

**Mindfulness is simply... noticing what is happening right now.**

This could be taking notice of how your body feels and what you see, smell and taste. Maybe you even feel emotions in your body, perhaps through a tightness somewhere, or a pleasant sensation. Mindfulness also includes noticing our thoughts and whether they are helpful or unhelpful. With practice we can learn to let go of unhelpful thoughts when we notice them. Learning to listen to our bodies is a really important way that we can take care of ourselves. Getting to know ourselves and our feelings in this way, can help us to know what we need and how best to respond.

This week, bring as much attention as you can to how your body feels throughout the day- does it change when you do different activities or feel different feelings? Be curious and interested- sometimes it may feel pleasant and other times unpleasant- remember that's normal and that's ok- we can just notice with **kindness and acceptance** however we feel and notice how this changes throughout the day. **It's all part of getting to know ourselves better.**

## Home Practice Challenge:

### Make a List:

Make a list of activities which feel good for your body and your mind to help you feel calm, peaceful and relaxed. Here's some ideas:

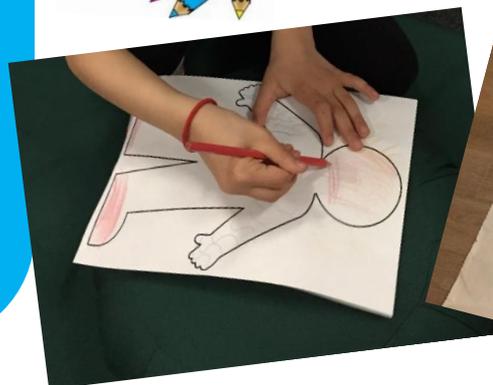
- Have a snack
- Get a drink of water
- Rest
- Sing a song
- Sit in a quiet place alone
- Go outside and jump around
- Colour or draw
- Dance
- Cuddle a pet or cuddly toy
- Spend time with someone you love



### 'Draw' attention to your body:

After you've done the meditation, use different coloured pens to draw what you felt in different parts of the body when you were doing the body scan. How will you record what you felt? Could you use different marks, lines and colours to represent different sensations? Use the body outline on the next page as your template.

You could even upscale this activity and get someone to draw round your own body on large paper!



**Have a Go!**

### Meditation:

Have a go at a **body scan meditation** to practise noticing all the different sensations in your body. Be curious and interested in what you notice and how sensations change.

Make sure you find a comfortable and quiet place to lie down to help you to relax and stay focused on the meditation.



You can listen to a 10 minute guided meditation recording of the body scan here:

<https://www.youtube.com/watch?v=l0WNs3FFk8>

