

“Sometimes it feels really good to stop and
pay attention to what’s around me.”

THE END



Practicing
MINDFULNESS



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Mind Full, or Mindful?

WHAT IS MINDFULNESS?

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

Mindfulness is 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 good sensation.

Mindfulness is also **noticing** what your mind is doing.

WHAT DO I FEEL?

Mindfulness can help you to **calm** down when you're **sad**, **angry** or **frustrated**.

Mindfulness helps you deal with tough emotions, and mindfulness can make you **happy** and feel **good**.



MINDFUL POSING

Purpose: Help students feel strong, brave, and happy

- **The Superman:** this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible
- **The Wonder Woman:** this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips



5-4-3-2-1

Purpose: Grounding or “coming back to the present”

- See, hear, feel, smell, taste
- Shift your focus from the anxiety to your surroundings
- Interrupt unhealthy thought patterns
- Sensory awareness (rooted in mindfulness)



THE HEARTBEAT EXERCISE

- Jumping jacks for one minute
- Close your eyes and feel your heartbeat and feel your breath
- What do you notice?



PROGRESSIVE MUSCLE RELAXATION

- Talk about how it feels when you're upset
- Uncooked pasta and cooked pasta
- Tense your feet by curling your toes...like you're digging your toes into the sand at the beach
- 1...2...3...4...
- Relax and take a deep breath in and out
- 1...2...3...4...
- Tense your legs by pulling your toes up...like a puppet with its strings being pulled
- 1...2...3...4...
- Tense your stomach...and imagine that a puppy was going to step on your stomach
- 1...2...3...4....



- Tense your hands by making fists...like you're trying to squeeze all the juice out of a lemon
- 1...2...3...4...
- Tense your arms...like you're showing off your muscles
- 1...2...3...4...
- Tense your shoulders by pulling them up...and imagine that you're a turtle going into its shell
- 1...2...3...4...
- Tense your face by scrunching it up as much as you can
- 1...2...3...4...





MINDFUL JAR

PURPOSE:

Teach you how strong emotions can take hold, and how to find peace when these **strong emotions** feel overwhelming.

First, get a clear jar and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.

- Imagine that the glitter is like your thoughts when you're stressed, mad or upset.

- See how they whirl around and make it really hard to see clearly?
- That's why it's so easy to make silly decisions when you're upset – because you're not thinking clearly.
- Don't worry, this is normal and it happens in all of us (yep, grownups too).

Put the jar down in front of you. Watch what happens when you are still for a couple of moments.

- See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things much clearer.
- Deep breaths during this calming process can help us settle when we feel a lot of emotions.