

Mindfulness Menu

Try one of these mindfulness activities!

- 5 Sense grounding activity: Focus on what you can see, smell, taste, hear, and feel around you.
- Puzzles, word searches, crosswords, sudoku, legos
- Imagination with music: Pick a happy song, visualize what comes to mind
- Coloring books, doodling
- Shape breathing: feather, star, box, rainbow; Trace shapes with your figure, focusing on breathing in through your nose and out through your mouth
- Make meditations fun: search "Avocado Meditation and Breathing Exercise" on YouTube
- Nature walk: Focus on the sights, smells, and sensations while connecting with nature
- Cloud watching: Lay on your back outside and watch clouds, focusing on their shade, shape, and movement
- Crafting: Mold clay, create a collage or mini zen sand tray. Focus on colors and textures that help you create a calming scene
- Morning stretches
- One minute gratitude journaling: Write down what you feel grateful for today
- Music and Podcasts: Explore new songs or podcasts by searching your favorite genre of music or topics

