

Mindful activities

Here are a couple of suggestions for mindful activities you could have a go at. This isn't mindfulness (mindfulness is much bigger and takes time and training to master) but it will give you a taster!

Your brain is amazing. Your body is always in the here and now - but your mind can think back to things that happened in the past, forward to things that will happen in the future, and even make things up from scratch. That's a really good thing, but it can start to be a problem if those situations you're thinking about are causing you stress. Being mindful is about taking notice of your five senses and what is happening around you, and using it to bring you back to the here and now.

Mindful snack eating

Grab yourself a snack or a treat. It can be anything you like - even chocolate!

Firstly, before you even unwrap it (if it is wrapped), hold it and turn it over in your hand. Take several seconds to really notice it. What colours do you see? What does it feel like in your hand?

Does it make a sound as you turn it over? Now you can unwrap it, if it was wrapped.

Next, notice the smell of your treat. What is it like? Feel the texture, too. What does it feel like on your fingers?

Now it's time for you to eat your treat - but not too quickly! Close your eyes, and hold it in your mouth for at least ten seconds. Does the flavour change? What about the texture? Does it melt, or go softer?

Enjoy your treat!

Taking notice

It's amazing what you can learn not to notice. For example, did you know that you can always see your nose but you have learned to ignore it?

Find somewhere comfortable to sit for a few minutes - ideally away from distractions, but anywhere will do.

Close your eyes, sit still and just take notice. What do you hear, smell, and feel? Notice the feelings in your body - for example, the pressure of your feet on the floor and your legs and back in your chair. Do you feel more pressure on one side than the other? What about the texture of your clothes on your skin?

You can do this whenever you need to take a moment to focus on the here and now.

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