

Be Mindful in Everyday Life!



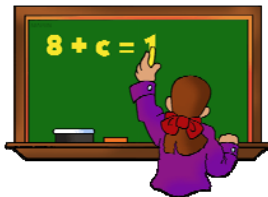
Being mindful is about paying attention to what is happening NOW...in the present moment. While you pay attention to what is happening NOW, try hard not to think about anything in the future or the past. Pay attention to all your senses...sounds, sights, tastes and touch. **Below you can practice. Circle the statements that represent mindful behavior!**

Being mindful while eating an apple



- *hearing the sound of the apple crunching as you take a bite and chew
- *thinking about what you're going to do after school
- *tasting the sweet, delicious apple
- *thinking about your mom getting mad at you last night
- *feeling the juice of the apple dripping down your face
- *thinking about the homework due tomorrow

Being mindful while in class



- *seeing the teacher write the math problem on the board
- *thinking about the video game you will play after school
- *hearing the sound of the child in the seat next to you getting paper out
- *hearing someone sharpen her pencil
- *thinking about the chores you have to do after school
- *smelling the whiteboard marker your teacher is using to write the problem

Being mindful while washing your hands



- *hearing the sound of the water swishing out
- *thinking about the argument you had with your friend yesterday
- *smelling the strong smell of hand soap
- *feeling the soap squishing through your fingers as you lather up
- *thinking about what your mom will make for dinner tonight
- *feeling warm water on your hands