



Everyday Mindfulness: Managing Your Mind Week 3

Being 'in the moment'
means being in the
here-and-now as you were
before you learnt language



Awareness is...

Paying attention

Noticing

Being conscious of
something



Think of an activity you do automatically and do it in a slightly different way to feel as if you're doing it for the first time.

Examples are:

- Brush your teeth with the opposite hand
- Get dressed starting on the opposite side
- Fold your arms the opposite way around





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Bring Mindfulness to an activity you enjoy and an activity you don't enjoy.

Use this space to write about what you noticed

My enjoyable activity
was:

My non-enjoyable
activity was:

Notes:

Notes:



Download Exploring Sound from our website
www.valleyssteps.org/student-mindfulness/



Keep recording your experiences in your Mindfulness Journal!