

Daily Dose of Mindfulness

Onderwijsparade 20 mei 2022

Mindfulness is about paying your attention to something in this present moment and accepting the things you notice, without judgement.

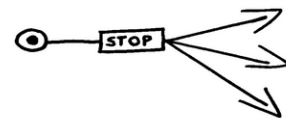
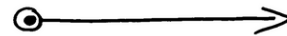
Daily small mindful activity

3 Minute Breathing Space

1. Observe: thoughts, feelings, body
2. Focus on the breath
3. Expand your attention

Practice
with a
recording

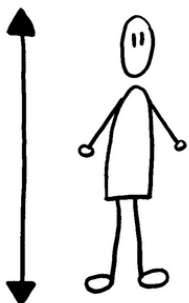
The Automatic Pilot



From your head to your body

Practice
with a
recording

1. Notice you're sitting or lying
2. Notice the movements of your body while breathing
3. Bring your attention to your:



- head, face and eyebrows
- neck and shoulders
- arms, hands and fingers
- back, shoulders and spine
- belly and chest
- hips and legs
- feet on the ground

Mindful Walking

1. Start walking
2. Aim your attention to what you see, hear, smell etc.
3. Notice the physical sensations of walking

Practice
with a
recording

