



Mindfulness

Mindfulness is a way of using our minds to pay attention to things happening now. Sometimes our big feelings tell us to pay attention to upsetting things that happened in the past or worries about the future. Mindfulness means paying attention to something that is happening right now. We can practice mindfulness anytime and anywhere.



Alberto could not stop worrying about others being at school without a mask. Even when his family was doing something fun together, Alberto kept thinking about someone getting him sick. Thinking about this made him feel worried and sad.

We can miss good things that are happening right now if our minds are thinking about the past or the future. Paying attention to any of our five senses (sight, sound, touch, taste, and smell) can help bring our attention back to what is happening right now. We can do this in many ways. Just notice what you can see, hear, smell, taste, or touch.

Just so you know, our minds like to jump around like a jumping bean and think about all sorts of things. This is normal and okay. Each time this happens, just gently bring your attention back to the thing you want to pay attention to.

There are many, many ways to be mindful. We can be mindful of anything happening now! Below are some examples to try. Ask a grown-up to help you try each of these. You might want to try a different one each day.



Sight

Name five things you can see right now.

- ① _____
- ② _____
- ③ _____
- ④ _____
- ⑤ _____

Pick one thing you can see and notice everything about it. Imagine you are an alien from outer space and you have never seen anything like it before.

- ① ? What colours does it have?
- ② ? Are there shadows on it?
- ③ ? Do parts look smooth or bumpy?
- ④ ? Are there dirty spots, dents or broken parts?
- ⑤ ? What else do you notice about it?



Touch

Find something small you can hold in your hand like a rock, marble, small toy, or eraser. Ask a grown-up to slowly read the instructions below while you practice mindfulness of touch.

- Close your eyes or look at a boring spot on your floor or wall. Don't peek at your hand!
- Notice how heavy the object feels in your hand.
- Can you feel the edges of it on your hand?
- Now slowly close your hand around the object. How does it feel against your hand?
- Is it smooth, rough, hard, soft, warm, cold?
- With two hands, let your fingers explore the object, noticing all its parts with your fingers.





Sound

Ask a grown-up to slowly read these instructions to you.

(When reading, leave pauses after each sentence so there is time to listen.)

- Close your eyes or look at a boring spot on your floor or wall. Notice the sounds you can hear right now.
 - There may be sounds you notice in the room that you had not noticed before like the sound of a clock or a fan or appliance like a fridge.
 - Can you notice sounds outside the room - like people talking, someone typing on their computer or walking around?
 - Can you notice sounds outside your home - like vehicles driving by on the street?
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Alberto realized there was nothing he could do about other people wearing masks. He chose to use mindfulness of sight to look around and notice the trees, the sky, and the clouds. He used mindfulness of sound to listen to the birds, the wind, and his family playing. He used mindfulness of touch to notice the warm sun and the coolness of the wind on his skin. As he paid attention to his senses, he started to feel less worried and sad.