

# Mindfulness Minute

Opening up your class/meeting with a mindfulness minute can be a great way to ground students/members.

*Mindfulness Minute Examples:*

- **Deep breathing:** Take a minute to breathe with awareness. What does it feel like when you inhale? What does it feel like when you exhale? Place your hand on your chest or belly and feel the gentle rise and fall of your ribcage and abdomen as you breathe deeply.
- **Trace Your Fingers:** Stretch out your hand. With your other hand trace your fingers and match it to your breath. As you move up your finger inhale. Pause at the tip of your finger. Then exhale as you trace down your finger.
- **5-4-3-2-1 Senses:** Take this minute to notice what you see, taste, smell, hear, and feel.
  - 5 things you can see around you.
  - 4 things you can touch.
  - 3 things you can hear.
  - 2 things you can smell.
  - 1 thing you can touch and feel.
- **Body Scan:** Close your eyes and gently scan your body, from your toes to your head. Notice any places in your body where you are holding tension. Take time to relax that area of your body and feel the tension releasing. This can be your neck, shoulders, jaw, etc. Take time to breathe into these areas and allow them to soften. Notice the feeling of the tension melting away.
- **Stretching and Movement:** In a comfortable position, either standing or sitting, take a deep breath and stretch different parts of your body. Start with your neck and move down to your toes.



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