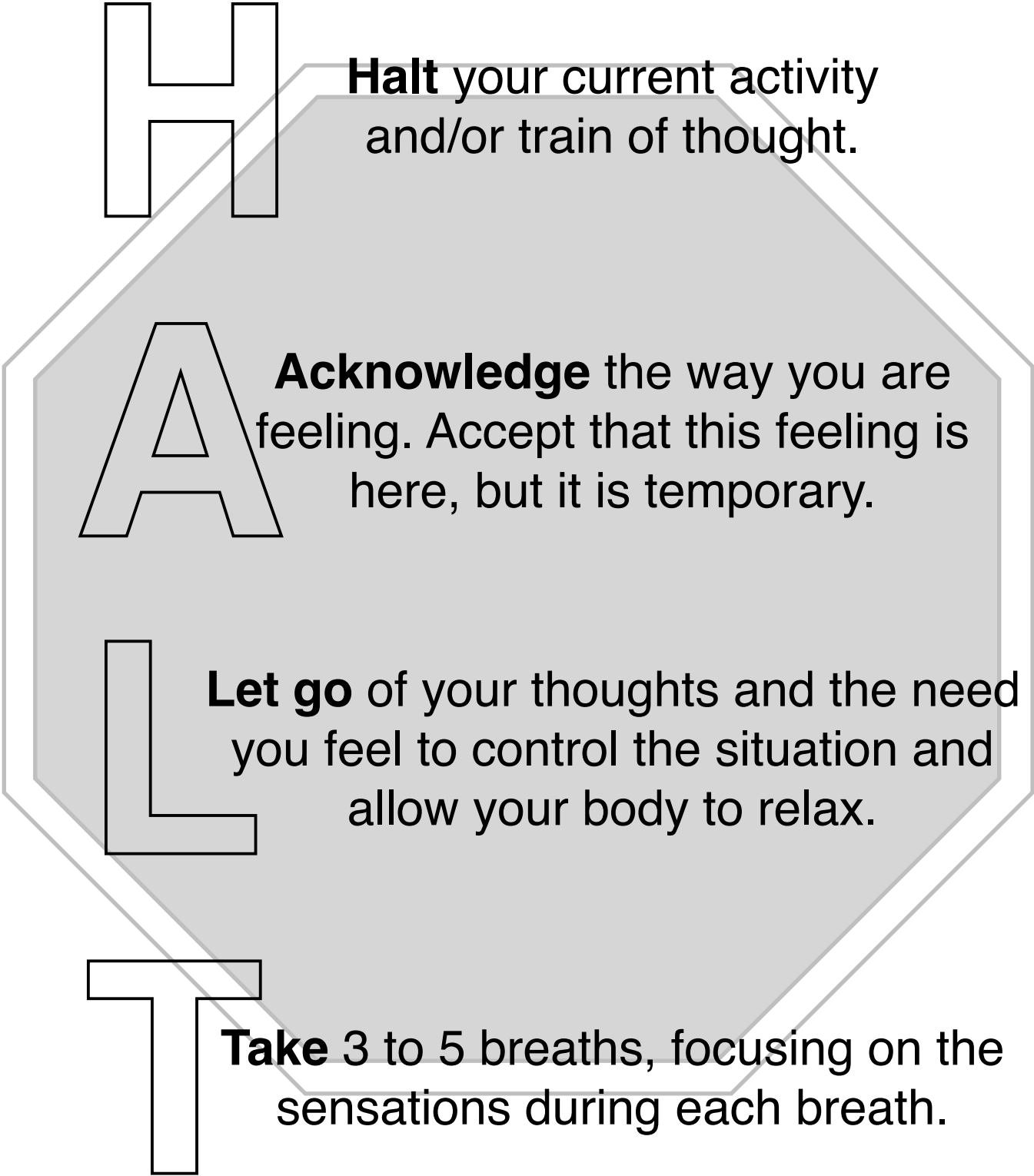


MINDFULNESS IN MUSIC

ACTIVITY SHEETS



H

Halt your current activity and/or train of thought.

A

Acknowledge the way you are feeling. Accept that this feeling is here, but it is temporary.

L

Let go of your thoughts and the need you feel to control the situation and allow your body to relax.

T

Take 3 to 5 breaths, focusing on the sensations during each breath.

WATCHING MY BREATH

1. Sit with your feet flat on the floor, your back tall in your chair and your hands resting comfortably in your lap.
2. Close your eyes if you wish.
3. Bring your attention to your breath, feeling the sensations in your body.
4. Keep the focus on your breathing, and when your mind wanders bring it back to the breath.

The place in my body where I feel my breath the most is:

When I am watching my breath in this place, I feel:

When I watch my breath, I notice my mind is:

Practice:

This week, before you go to sleep, take three slow breaths. Watch your breath and see what you notice as you breathe. Observe the sensations and how your breath feels.

WATCHING MY THOUGHTS

Practice mindful breathing. Write five thoughts you had in the spaces below.

Thought #1

Thought #2

Thought #3

Thought #4

Thought #5

WHAT DO I HEAR?

Close your eyes and listen for the sounds in and around you. When instructed, open your eyes and record the sounds you heard:

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

Practice: When you are riding in a car this week, pay attention to the sounds you hear, both inside and outside the vehicle.

MINDFUL EATING

Write/draw the food your are eating mindfully in the middle and write the words to describe this food when you:

See it:

Touch it:

Smell it:

Listen to it:

Place it in your mouth :

Taste it:

A FEW MINDFUL MINUTES EACH DAY

Being mindful does not take a lot of time or effort. Just a few minutes each day of practice will help you to be more focused and allow you to clear your mind of the cloud of thoughts that distract you from what you are doing.

What are some activities you do each day?

Choose which activity you will focus on this week.

The activity I am going to do mindfully this week is:

Before you do this activity each day, stop and take 3 mindful breaths (or do the Five Finger Meditation below). Notice how your body feels and what is on your mind at that moment. Then do the activity.

How can you help yourself remember to do your mindful activity each day?

WHAT DO I FEEL?

Circle the sensations you feel in your body right now. Feel free to write in any that aren't listed.

RESTLESS

PAINFUL

relaxed

SORE

DISCOMFORT

weakness

hungry

tingling

THROBBING

FULL

numbness

HOT

COLD

DIZZY

STINGING

RINGING

TIGHT

HEAVY

ITCHY

WARM

BODY SCAN

Write the sensations you experience in each part of your body on the lines below.

Feet

Legs

Belly

Hands

Arms

Shoulders

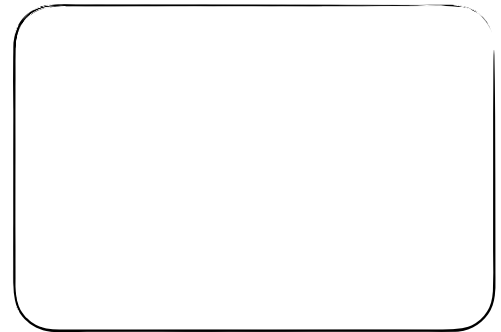
Head

Where are you experiencing the strongest sensation?

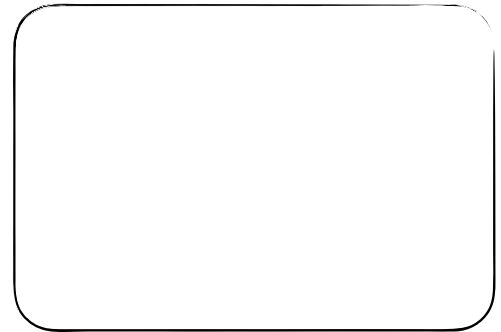
HAPPY THOUGHTS

Write about and/or draw something good that has happened to you in the last few days.

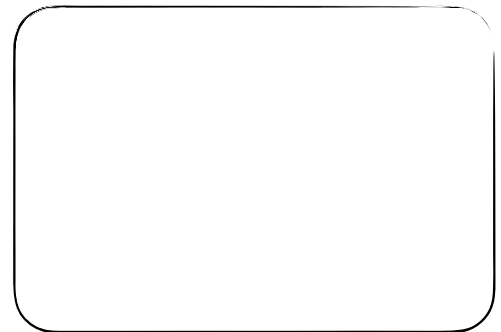
What happened?



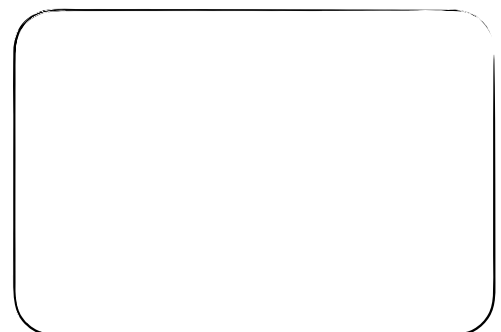
How did it make you feel? (emotions)



What did your body feel? (sensations)



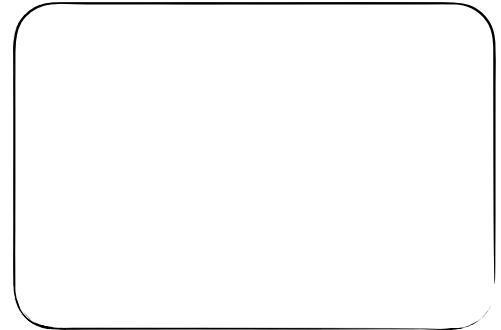
What thoughts did you have?



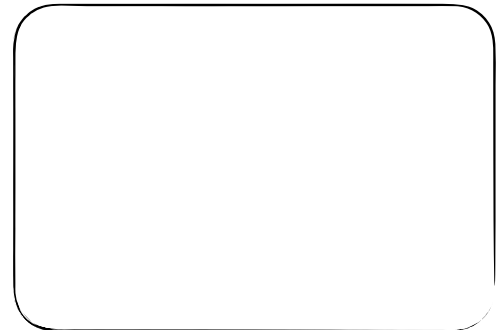
UPSETTING THE APPLE CART

Write about and/or draw something that upset you in the last few days.

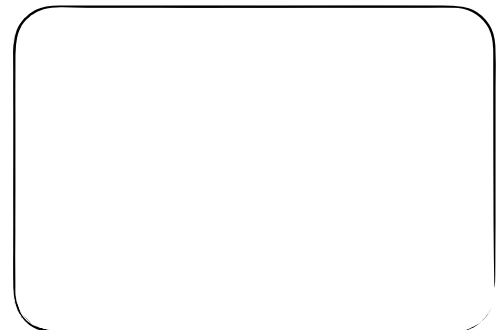
What happened?



How did it make you feel? (emotions)



What did your body feel? (sensations)



What thoughts did you have?



WHAT I AM THANKFUL FOR

What are some things you are grateful for?

1

7

2

8

3

9

4

10

5

11

6

12

Practice: Choose at least one item from the following list to do this week and try to pay attention to how it makes you feel. Challenge yourself and try one each day!

- Tell a family member how much you appreciate them.
- Spend a minute enjoying the beauty in nature.
- Perform a kind act for someone (like holding a door open).
- Pay a friend a compliment.
- Write one item from your grateful list above on a card/sticky note. Put it somewhere where you will see it when you wake up (like the bathroom mirror).
- Write a card to a friend/family member to let them know how much you care about them.
- For one whole day, notice if the images you see on TV or online are positive or negative. See the results at the end of the day.