

PROJECT 777 MINDFULNESS ACTIVITIES TO HELP YOU FIND YOUR CALM

ACTIVITY 1: BREATHING INTO YOUR BELLY

Most of us breathe incorrectly, especially when we are in a stressful situation. Think about your belly like it is a balloon. Hold your hand(s) on your belly. Breathe in deep to fill the balloon and breathe out to deflate it. Repeat this process 5 times and notice how you feel.

ACTIVITY 2: SINGING OUT LOUD

There is such a great feeling associated with singing along to your favorite tune. The physical act of singing out loud, even if it is off key, has been shown to release endorphins, the “feel good” chemical in the brain.

ACTIVITY 3: THREADING BEADS

Threading beads (or cut-up straws) onto pipe cleaners or string is an activity that requires focus and attention. This can have a calming effect as you sit quietly and concentrate.

ACTIVITY 4: MOVING YOUR BODY

Moving your body is a great way to get some exercise and help you “reset”. Try this! Set a timer for 2 minutes, put on some music, and jump to the beat of the song.

ACTIVITY 5: GOING FOR A RUN

Running has been shown to reduce stress! Going for a 10-minute jog can not only affect your mood immediately, it can help you to cope with stress for several hours afterward.

Take some time to think of things that bring YOU enjoyment and make you feel calm, focused and at peace.

ACTIVITY 6: BLOWING BUBBLES

Blowing bubbles, whether for a younger sibling or just for yourselves, is instantly calming as it requires focus and deep breathing.

ACTIVITY 7: COUNTING TO 5

When faced with a challenging situation or a big worry, close your eyes and count to five. This form of 5-second meditation offers the brain a chance to reset and might help you to see a situation from a different perspective.

ACTIVITY 8: GOING ON A GRATITUDE WALK

With every step you take, focus your attention on something you are grateful for; your family, your friends, the sunshine, your health, etc. Move at your own pace, being thankful with every step

