

Mindfulness with John 3.

Name:

Date:

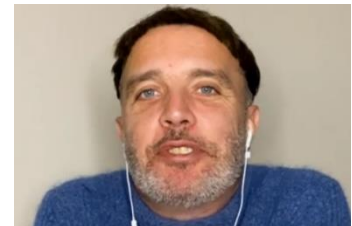


New Directions: Personal Expression and Creativity & Health & Wellbeing



- 1. Get comfortable – warm up.**
Shake your hands out

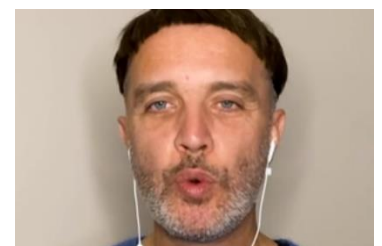
Shoulder up tight towards your shoulders and relax



- 2. Breath**
In and out through your nose

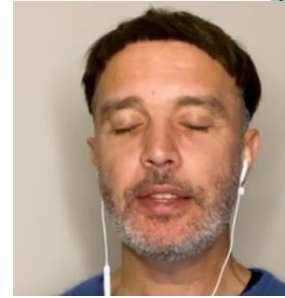


- 3. Breath**
In and out through your mouth



4. Rest close your eyes

“Do Nothing”



5. Body Scan

“Notice what you notice”

Toes

Feet

Legs

Knees

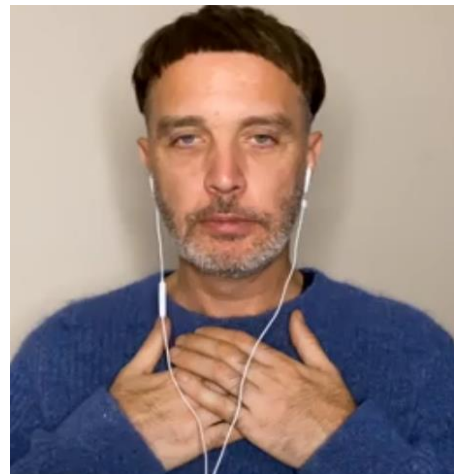
Upper legs

Belly

Chest

Hands

Face



6. How do you feel?