

MINDFULNESS & MEDITATION

Mindfulness is being aware of what's happening in the present moment, allowing our thoughts and emotions to come and go without judgement. It takes practice to be able to do this. Meditation is a great way to relax, relieve stress, and increase focus.

BEFORE YOU GET STARTED

Recommended Ages: Grades 4 - 12

Estimated Time: 15 - 20 minutes

Stuff you'll need: Computer/Internet (Optional)

Caregivers should consider: Girls should ask permission before using any materials.

BADGE OR JOURNEY STEPS COMPLETED

Cadette Science of Happiness Badge – Step 1

Senior Science of Style Badge – Step 1

Brownie Senses Badge – Step 1

THE FUN PART

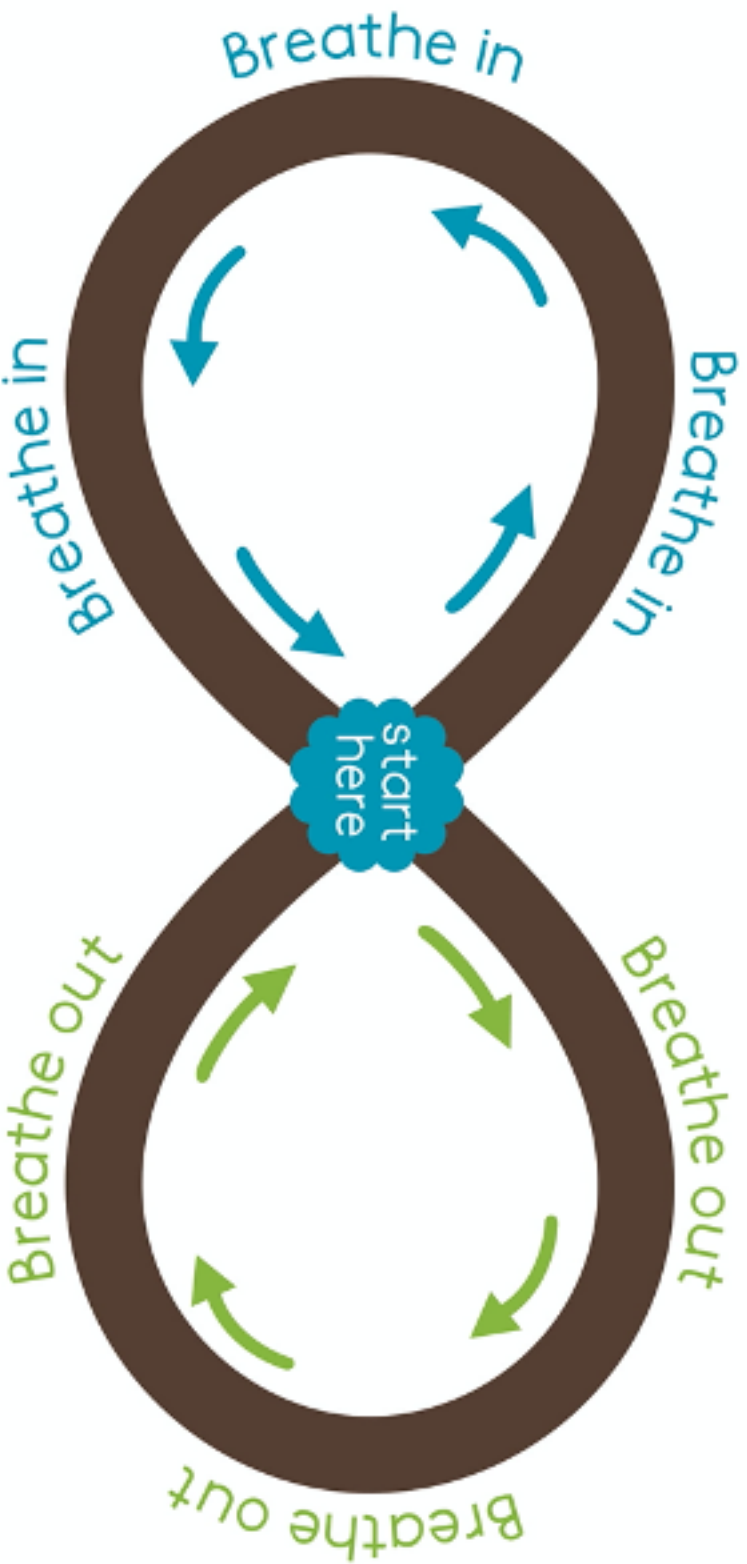
1. Mind your breathing! Try out the breathing exercises on the next two pages to help relax.
2. Mindfulness Countdown – Try the activity on page four to help focus your thoughts and help stay aware of what is happening in the present.
3. Now that you have practiced your breathing and calmed your mind, now it's time to practice meditation. Try these resources to help guide you through your meditation:
 - [Offline Guided Meditation](#)
 - [Children's Rainbow Relaxation](#)
 - [Ocean Meditation](#)
4. Way to go! You did it! Share on social media with your caregiver's permission. Use the hashtag #GSGIDIY



MINDFULNESS & MEDITATION CTD.

Lazy 8 Breathing

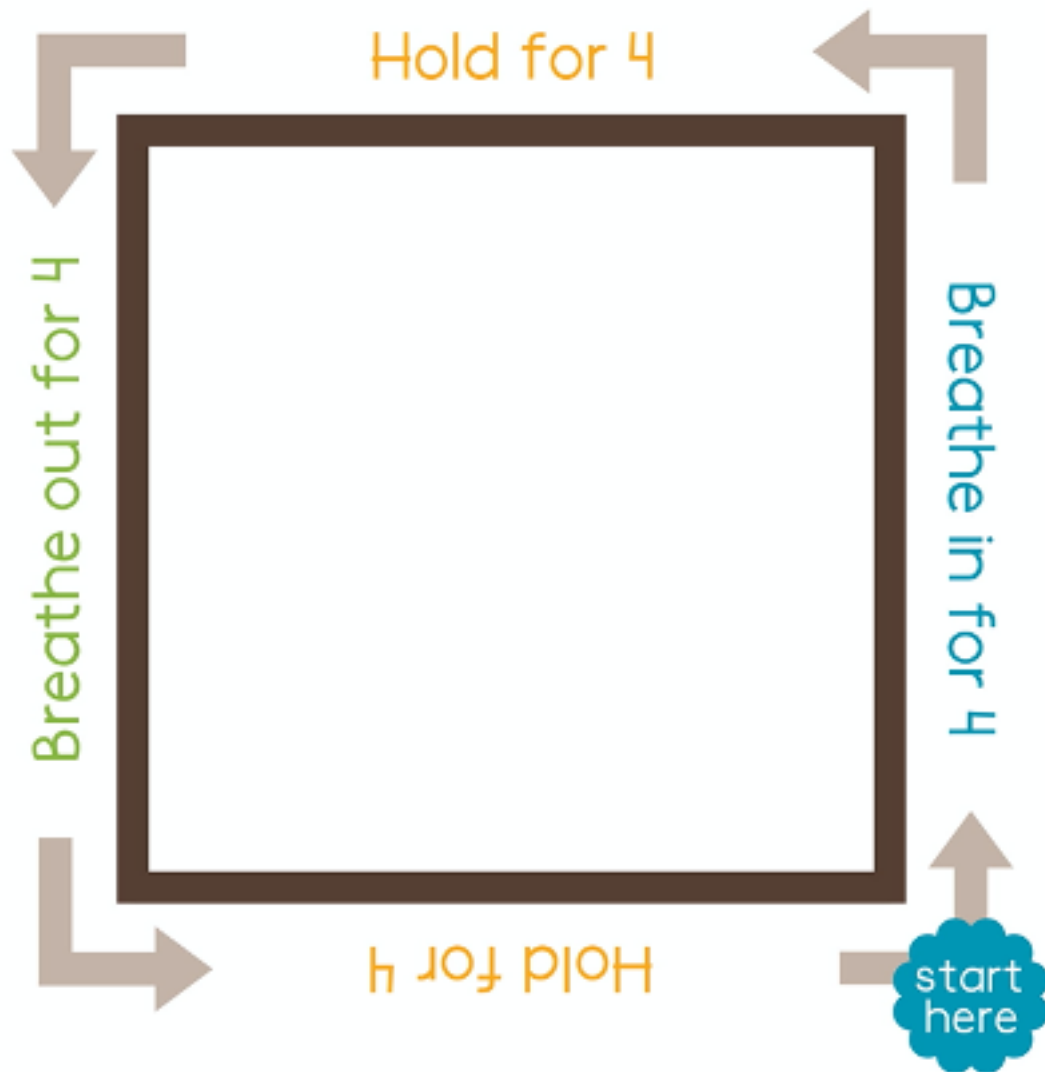
Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



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Square Breathing

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.



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MINDFULNESS COUNTDOWN

Find a comfortable place to sit. Practice your breathing exercises. Once you feel relaxed, follow the countdown below, taking time to think about each number.

5 THINGS YOU CAN SEE

4 THINGS YOU CAN TOUCH

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE