

TAMING OLIVIA

SPRING MINDFULNESS ACTIVITY



Mindfulness involves bringing our mind to the present moment. It can help keep us feeling grounded and in the now, as opposed to lost in our thoughts. Spring, with its feeling of change and growth, can provide a brilliant opportunity for practicing mindfulness. So let's have a go with the activity on the next page!





Mindfulness Exercises

PLEASE REMEMBER THAT MINDFULNESS IS A SKILL!

Be careful about the expectations you place on yourself when doing these activities, especially if you are new to it!



BUT FIRST!

It's really important to keep in mind that for some people, mindfulness can cause adverse effects so please step away if you need to or leave the activity altogether if you are unsure. If you have any questions or concerns, please have a chat with your medical professional first.

MINDFULNESS ACTIVITY:

5-4-3-2-1 GROUNDING

This activity is great because it can be done anywhere...

WALKING AROUND THE CORNER TO THE SHOP? GREAT!

- **NAME FIVE THINGS THAT YOU CAN SEE**

E.g. Blossom, birds, flowers, clouds, insects.

- **FOCUS ON FOUR THINGS THAT YOU CAN PHYSICALLY FEEL**

E.g. The wind in your hair, your feet against the ground, the feel of the sun on your face.

- **NOTICE THREE THINGS THAT YOU CAN HEAR**

E.g. Birds singing, trees rustling, bees buzzing.

- **NAME TWO THINGS YOU CAN SMELL**

E.g. Your deodorant, bread from the bakers, roses.

- **FOCUS ON ONE THING THAT YOU CAN TASTE**

E.g. Toothpaste, gum.

