

Name _____ **Mindfulness**



My Mindful Word

Choose a word that make you feel calm and relaxed.

My mindful word is _____

This word makes me feel _____

The color of this word is _____

Practice focusing your awareness on your mindful word for a few minutes. Think your word to yourself. Say it quietly and slowly in your mind as you breathe in and out. Focus your attention on your word. If your mind begins to wander, gently redirect your attention to your word. See if you can focus your attention on your mindful word for one minute. Then for five minutes.

How do you feel after spending some time focusing on your mindful word?
