

# 30 ways to 'be' Mindful!!



Wave Connections

**Mindfulness is our ability to focus on our breath and bring our attention back to 'the now', today is a gift.. That is why they call it the present'!! Kung Fu Panda'.**

## **Mindful Everyday:**

16. Just 'Be'

17. Slow down and

18. 'stop'...

At any time of the day, when you 19. listen to the birds, sounds, 20. pay attention to your thoughts 21. our emotions or 22. body sensations.

Use these techniques to help be with 'The Toe' 'The way' it is.

## **Daily routines:**

Be aware and pay attention to sensations, sounds, taste, what you hear and smell during these activities:

1. Waking up,
2. Getting out of bed,
3. Brushing teeth,
4. Taking a shower
5. Getting dressed,
6. Eating breakfast
7. Drinking a drink
8. Leaving the house
9. Feeling the wind and fresh air
10. Opening book to read
11. Having a shower

## **BREATHE!!**

AS OFTEN AS

POSSIBLE 11. BREATHE,

BE AWARE OF

BREATHING IN & OUT

—  
BELLY GOES OUT,  
BREATHING IN BELLY  
GOES IN,

12. BLOW BUBBLES,

13. HUFF INTO A

MIRROR, HAZE UP  
THE GLASS

14. PLACE PAPER  
BOAT ON BELLY

15. HA-RI-OM...SING!!

Body Awareness

Bring awareness to  
your:

23. face

24. neck &  
shoulders

25. Posture

26. Hands

Mindfulness with people: 28. Truly listen – 29. Pay attention. Mind in a jar 30. Practice Gratitude – what are you thankful for.

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