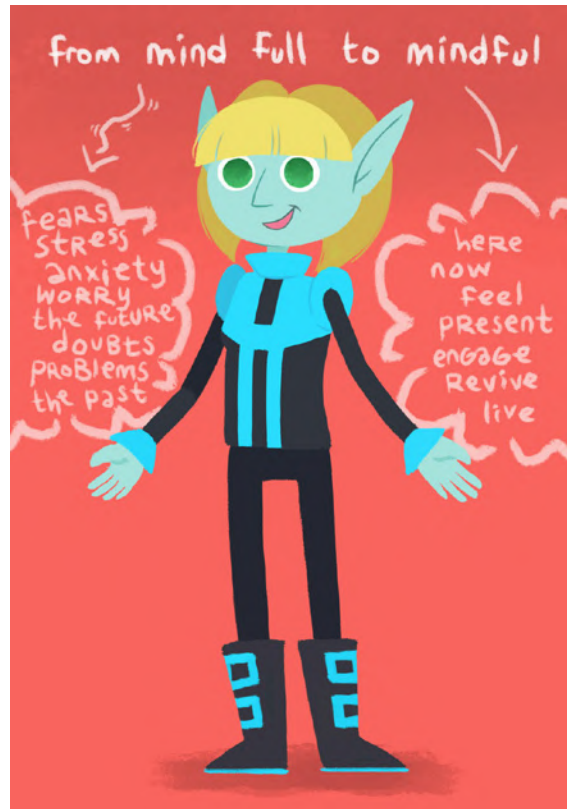


40 Mindful Minute cards



How to use these cards:

These are mindfulness meditations. They help you appreciate the here and now! Pick up a card, read the exercise and try it for at least 60 seconds. Any humanoid can do this. If you are in a group, like a classroom, a teacher can read the exercise while youthlings follow along. These are also fun for a family to use at home right before dinner.

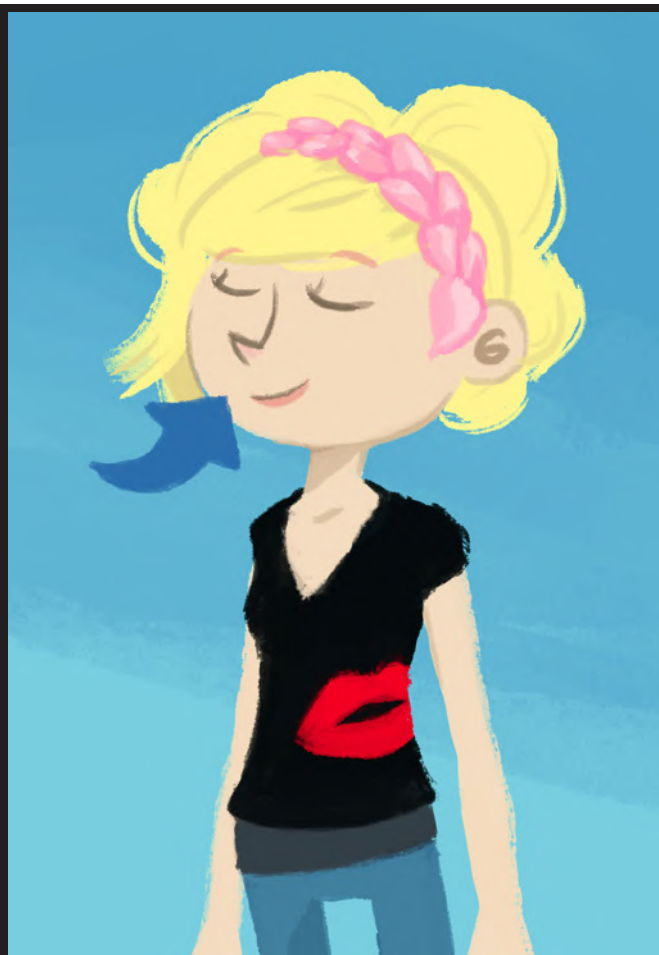
Position: Sit, stand, or lie comfortably when you try these exercises (unless it tells you to do something else on the card... then do that)! You should be comfortable.

Breathing: You will mostly see 4-count breathing in these exercises. When you see "1-2-3-4" on a card, this means count to four in your mind as you breathe in or out. Mindfulness should be enjoyable, so do what feels good and comfortable to you.

How to assemble these cards:

Print out each page, then place them back to back so that each illustration is paired with its activity. Cut each card out and attach the fronts and backs to each other using double-sided tape or glue. To make the cards sturdier and longer lasting, you can print them on cardstock and laminate them.

Card 1 Front



Card 2 Front



Card 3 Front



Card 4 Front



Magnetic hands!

Breathe in deeply through your nose (1-2-3-4).

Breathe out fully through your mouth (1-2-3-4).

Put your hands in front of you shoulder width apart and palms facing each other.

pretend there is a magnet that is slowly drawing your palms together.

Bring your palms very, very close until they almost touch. Then slowly bring your palms back out again.

Keep breathing. Repeat.

Activate your senses!

Breathe in deeply through your nose (1-2-3-4).

Breathe out fully through your mouth (1-2-3-4).

As you continue to breathe, use all five of your senses.

What do you smell?
can you identify the smells?
What can your fingers feel?
What do you hear right now?
Do you recognize the sounds?
What do you taste?
What do you see?

Spend time with each sensation.

Just one breath!

You'll be paying attention to how a single breath feels.

Take a super slow breath in through your nose. Remember, breathe as slowly as you can.

Feel the air flow through your nostrils, down your windpipe, and into your lungs. Feel the air in each part of your body. Hold the breath.

Now, exhale just as slowly and feel the breath come up from your lungs, then through your windpipe, and out through your nose.

The Darth Vader breath!

You always knew when the character Darth Vader, from Star Wars, was nearby because of his loud, airy breaths.

Take a Darth Vader breath yourself by closing the back of your throat slightly so that you can hear your breath.

Try breathing in deeply through your nose so that you make a snoring noise.

Breathe out fully through your mouth so that you make a "haaaah" noise.

Breathe in "hmmmm."
Breathe out "haaaah."
Repeat.

Card 5 Front



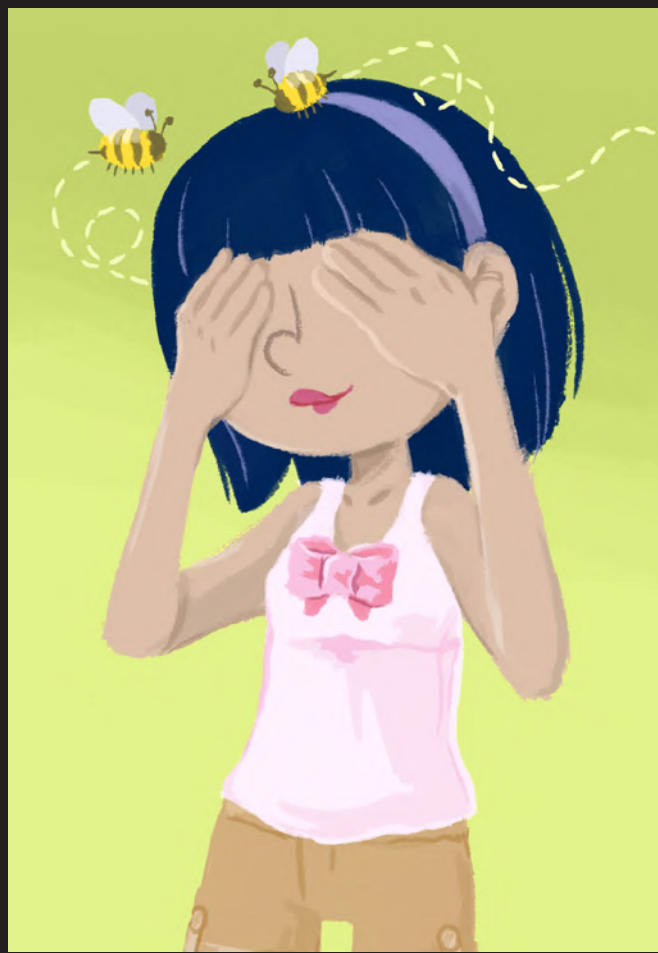
Card 6 Front



Card 7 Front



Card 8 Front



Hit the bull's-eye!

Start by breathing.
Breathe in deeply through
your nose (1-2-3-4).
Breathe out fully through
your mouth (1-2-3-4).

Find a small target to focus
on like a spot on the wall.
Continue to breathe as you
concentrate on that target.

If your thoughts wander,
no problem. Just bring your
attention back to the target
and your breath.

Peripheral visioning!

Breathe in deeply through
your nose (1-2-3-4).
Breathe out fully through
your mouth (1-2-3-4).

While standing or sitting,
make a "T" shape with your
body by bringing your arms
straight out from your sides.

Wiggle your fingers.
Look for your fingers
without moving your head.
Continue to breathe.

Bring your arms back
together so that you can
see your fingers.
Hold. Breathe. Repeat.

Breathe like a bee!

Cover your ears with
your thumbs and your
eyes with your fingers.

Keep your lips closed and
teeth slightly apart inside
your mouth. Inhale deeply
through your nose (1-2-3-4).

When you inhale, think about
closing your throat just
slightly so you can actually
hear your breath.

Exhale slowly through your
mouth (1-2-3-4) while making
a low humming sound. Repeat!

Space travel!

Breathe in deeply through
your nose (1-2-3-4).
Breathe out fully through
your mouth (1-2-3-4).

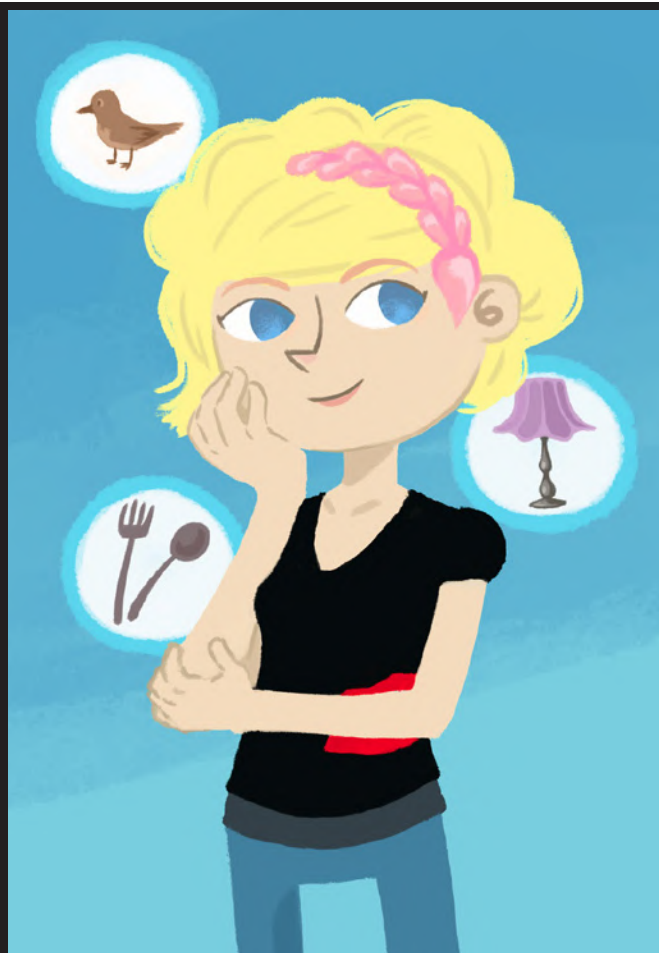
Now, close your eyes
and imagine floating above
the room you're in.

Then float and zoom out
above your house or the
building you're in.

Next, zoom out above your
city, your country, and finally
the whole planet Earth.

Then zoom all the way
back in to yourself.

Card 9 Front



Card 10 Front



Card 11 Front



Card 12 Front



One simple syllable!

Start by breathing.
Breathe in deeply through
your nose (1-2-3-4).
Breathe out fully through
your mouth (1-2-3-4).

Choose a one syllable
word that gives you peace
(joy, love, good, home, etc.).

Whisper this short word
during every breath out.

Appreciate three things!

Start by concentrating
on your breath.
Breathe in deeply through
your nose (1-2-3-4).
Breathe out fully through
your mouth (1-2-3-4).

Take a moment to
notice three things of
beauty around you.

What do you see?
continue to breathe.

How does it make you feel?
Keep breathing.

Release a thought!

Breathe in deeply through
your nose (1-2-3-4).
Breathe out fully through
your mouth (1-2-3-4).

Sometimes, we have bad
feelings or thoughts.
close your eyes and think
of one you've had.

Imagine putting that thought
in a red balloon above you
and letting it float away.

Watch the balloon as it
floats higher and higher and
gets smaller and smaller until
it completely disappears.

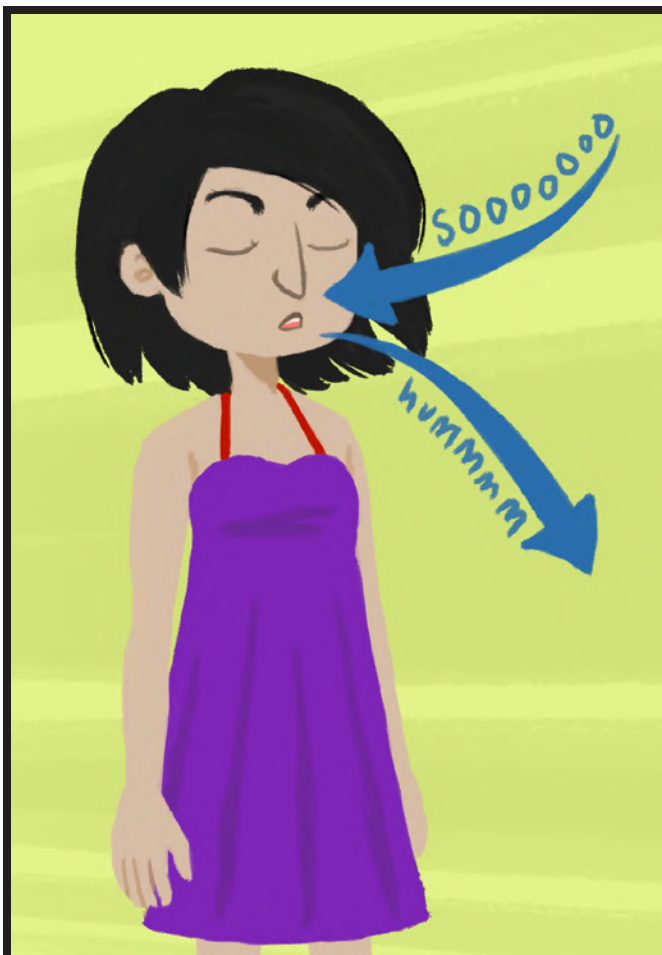
Take a mind breath!

Inhale through your nose
(1-2-3-4) and picture your
breath moving up, up, up to
the very top of your head.

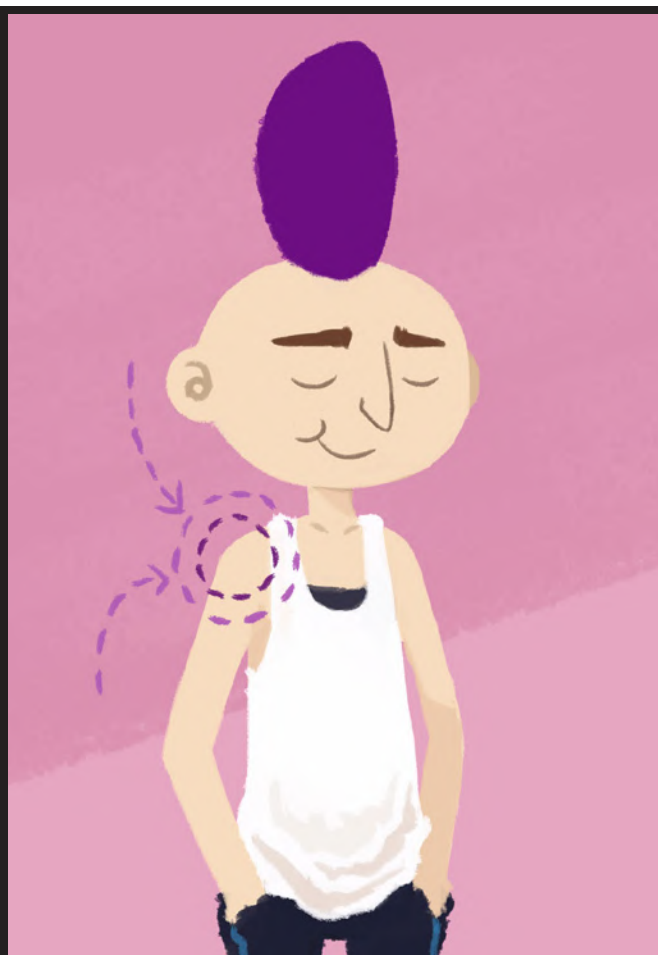
Now, exhale through your
mouth (1-2-3-4) and imagine
pushing your breath down
your back to the very
bottom of your spine.

Try moving your breath
up and down for the
next minute. Rock on!

Card 13 Front



Card 14 Front



Card 15 Front



Card 16 Front



The "So" "Hum"!

Breathe in deeply through your nose (1-2-3-4). Breathe out fully through your mouth (1-2-3-4). Continue to breathe.

Now, you are going to quietly say a few words to yourself.

While breathing in through your nose, say the word "sooooooooo" in your head.

While breathing out, say the word "hummmmmmmmm."

If you like, you can come up with your own two words.
Repeat and rock on!

Feel it!

Start by breathing.
Breathe in deeply through your nose (1-2-3-4).
Breathe out fully through your mouth (1-2-3-4).

Place your hands on an object close to you, like a desk, a wall, etc. close your eyes and explore the surface of the object.

Put your hands flat on a rough wall or smooth desk and feel the texture.
Continue breathing as you explore.

Relax your body!

Think of a part of your body that aches when you're tired.

Now, breathe in deeply through your nose (1-2-3-4). Picture the breath traveling to that tired part of your body and relaxing it.

Breathe out through your mouth (1-2-3-4). Imagine this part of your body is now energized again.

Repeat and relax!

Alien perspectives!

Breathe in deeply through your nose (1-2-3-4).
Breathe out fully through your mouth (1-2-3-4).

Imagine you are an alien who has just been given human hands for the first time.

You look down at these strange new body parts.

What do you notice?
How do your hands feel?
What kinds of lines, veins, and ridges do your hands have?
How do your hands smell?
How big or small are they?

Card 17 Front



Card 18 Front



Card 19 Front



Card 20 Front



Just smile! :)

A simple smile can change your mood. Breathe in deeply through your nose (1-2-3-4).

Breathe out fully through your mouth (1-2-3-4).

Now, close your eyes gently.

Think of something that makes you happy.

Try smiling with your eyes closed for one full minute. Continue breathing in and out using your 4-count breathing.

It's ok if your mind wanders. Just smile and refocus your attention on your breath.

Get down with it!

Lie down on your back in a comfortable place.

Breathe in deeply through your nose (1-2-3-4).

Breathe out fully through your mouth (1-2-3-4).

Stretch your arms out on either side of you and put your palms face up toward the ceiling.

Breathe in and out for one minute. Concentrate on your breathing.

catch this moment!

Breathe in through your nose (1-2-3-4). Breathe out through your mouth (1-2-3-4).

Close your eyes gently. Imagine you had a camera that could take a picture of this moment in your mind.

What would you see?
What would you be doing?
What would the people around you be doing?
What colors and images would be frozen in time?

Breathe in (1-2-3-4).
Breathe out (1-2-3-4).

Wiggle 'em!

Start by concentrating on your breath.
Breathe in deeply through your nose (1-2-3-4).
Breathe out fully through your mouth (1-2-3-4).

Wiggle your toes as if you are on a sandy beach.

Now, curl up your toes and hold them tight for a few seconds. Release. Continue to breathe.

Curl up your toes again. Hold. Release. Repeat.

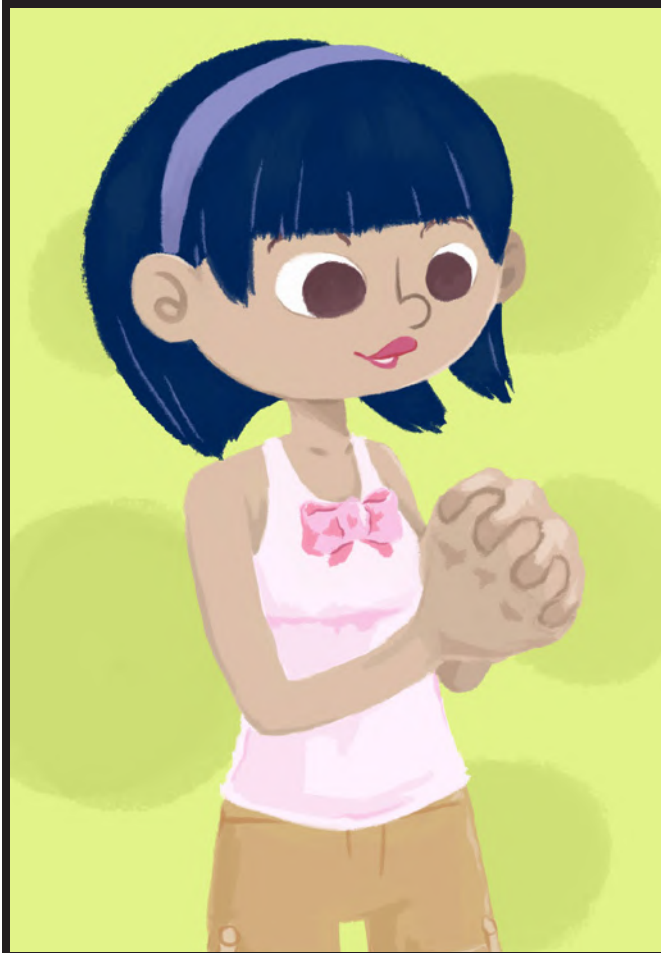
Card 21 Front



Card 22 Front



Card 23 Front



Card 24 Front



Balance your breathing!

Imagine your breathing
on a balanced scale:
each breath in should
equal each breath out.

Breathe in deeply through
your nose (1-2-3-4).

Breathe out fully through
your mouth (1-2-3-4).

If you could weigh the air
going in through your nose,
would it match the weight
of the air going out
through your mouth?

Try to make them as even
as possible. Keep breathing.

Body scan!

Breathe in through your
nose (1-2-3-4). Breathe out
through your mouth (1-2-3-4).

You are going to
scan your body.

Focus your attention on
the top of your head.
Notice any sensations there:
Does it feel tingly or cool?
Does it feel tight or loose?

Breathe deeply into each
body part and relax. Scan
your face, neck, shoulders,
and all the way down to the
tips of your toes. Breathe.

Laugh it out!

Breathe in deeply through
your nose (1-2-3-4).

Breathe out fully through
your mouth (1-2-3-4).

Think about something
that makes you giggle.
Begin laughing silently.

Even if you can't think of
anything, try laughing anyway.
Pretending to laugh can
help you really laugh.

See if you can laugh
for a full minute!

Clasp your hands!

Breathe in deeply through
your nose (1-2-3-4).

Breathe out fully through
your mouth (1-2-3-4).

Continue 4-count breathing
as you clasp your hands
together tightly in a ball with
your fingers interlocked.

Stay like this for 10 seconds.
Release.

Remember to keep breathing!
Notice how your hands feel.

Repeat.

Card 25 Front



Card 26 Front



Card 27 Front



Card 28 Front



Take out mind trash!

Breathe in deeply through
your nose (1-2-3-4).

Breathe out fully through
your mouth (1-2-3-4).

Repeat.

You are going to watch
your own thoughts as if you
were an outside observer.

When a thought comes to
mind, try not to push it away.

Simply tell yourself,
"Thank you for sharing,"
and gently turn your focus
back to your breathing.

A new look at an old thing!

Breathe in deeply through
your nose (1-2-3-4).

Breathe out fully through
your mouth (1-2-3-4).

Look around for an object
you see every day, like a
pencil or cup. Pick it up.

Focus all of your
attention on the object.
Continue breathing.

Now, engage your senses.
How does it really look?
What does it feel like?
How does it smell?
Does it make noise?

Locate the good stuff!

Start by breathing.
Breathe in deeply through
your nose (1-2-3-4).

Breathe out fully through
your mouth (1-2-3-4).

Gently gaze around the room
and quietly see how many
positive things you can find:
a painting you love, flowers
growing on a windowsill,
the smell of freshly baked
bread, a cloudless sky...
what do you see?

Continue to breathe and
truly enjoy what you see.

Blast off breathing!

Imagine you are a rocket ship
preparing to blast off into
outer space. The trick is
that you are in slow motion.

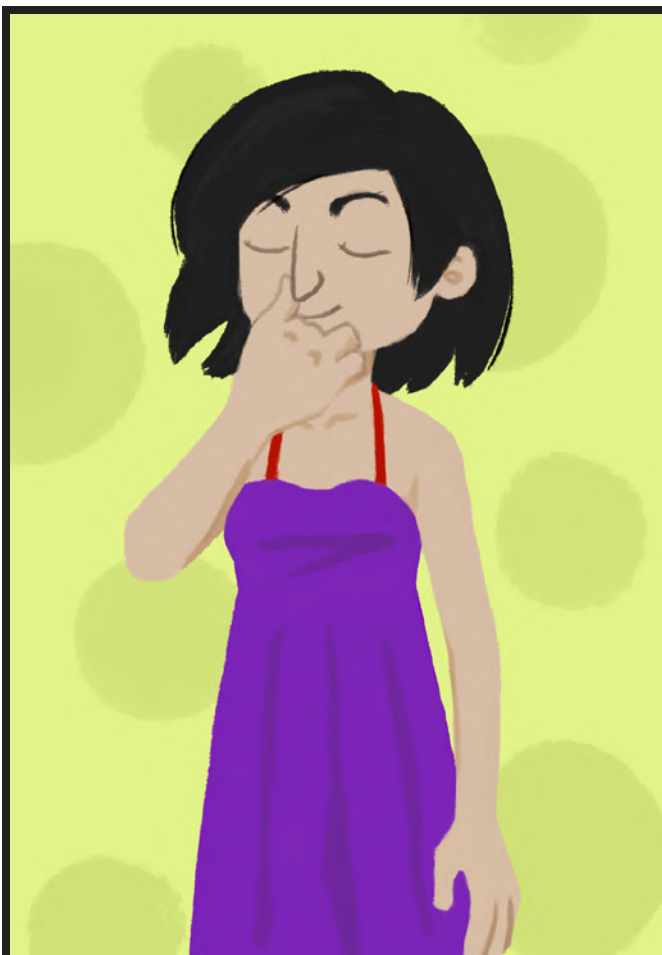
Press your hands together
in front of your chest and
take in a deep, huge breath
through your nose.

Then BLAST OFF!

Breathe out a burst of air
while slowly raising your
arms up over your head.

Slowly lower your arms
back to your sides. Repeat.

Card 29 Front



Card 30 Front



Card 31 Front



Card 32 Front



One special phrase!

Breathe in deeply through
your nose (1-2-3-4).
Breathe out fully through
your mouth (1-2-3-4).

Close your eyes gently.
In your mind, slowly
repeat: "May I be happy,
healthy, and safe."

Continue to breathe
and say, "May I be happy,
healthy, and safe."

If your thoughts wander,
that's okay. Just bring your
mind back to that phrase.

Focus on your feet!

Breathe in deeply through
your nose (1-2-3-4).
Breathe out fully through
your mouth (1-2-3-4).

Find a comfortable seated
position. Plant both feet flat
on the floor. Move your toes
around and then relax them.

Focus your mind on one foot.
What do you feel in that foot?
Does it feel hot or cold?
Is it tight or relaxed?

Then shift your attention to
your other foot. Repeat.

Alternate your breath!

Hold your right thumb
over your right nostril
and take a deep breath in
through your left nostril.

When all the air is in,
close your left nostril with
your ring finger and exhale
through the right nostril.

Continue the pattern, inhaling
through the right nostril,
closing it off with your
right thumb and exhaling
through the left nostril.

From soldier to noodle!

Breathe in through your
nose (1-2-3-4) as you hunch
your shoulders up to your
ears and keep your arms
at your sides like a soldier
standing at attention.

Breathe out through your
mouth (1-2-3-4) as you drop
your shoulders and relax
your whole body as if you
are a floppy wet noodle.

Do it again! And again!

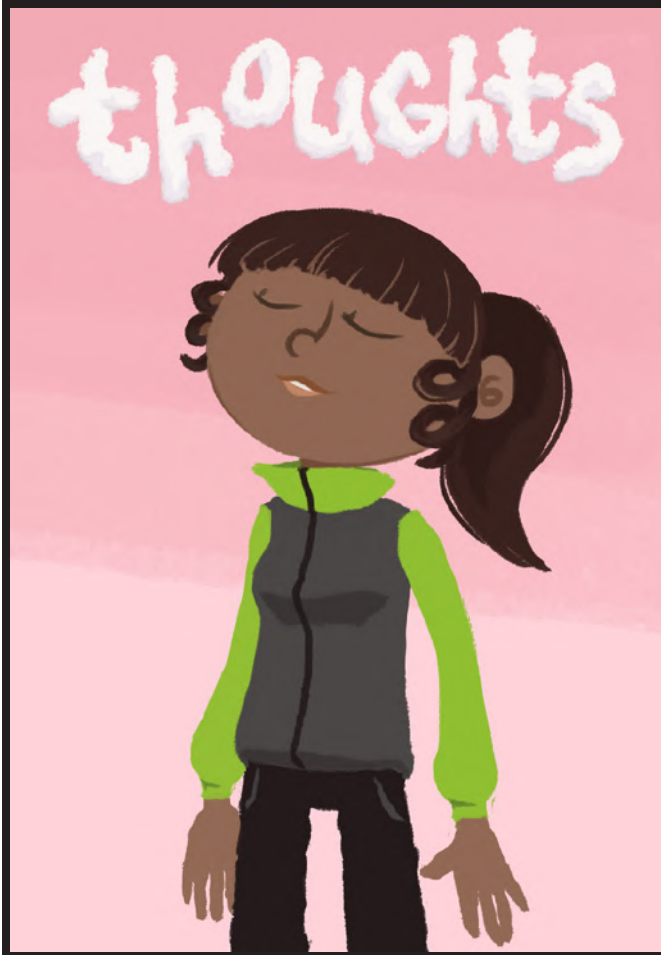
Card 33 Front



Card 34 Front



Card 35 Front



Card 36 Front



count to ten!

Breathe in through your nose and out your mouth.

close your eyes and, in your mind, slowly count to ten.

Your counting does not have to match your breathing. Do what feels comfortable.

If a thought pops up such as: "This is hard!" or "I have a lot of work to do today," start back at one again.

Try to make it all the way to ten without being interrupted by a thought.

Picture your breath!

To some people, a breath looks like mist or clouds.

Breathe in through your nose and imagine how this air looks flowing from the top of your body all the way to the bottom of your toes.

You are filled with cool mist.

Exhale through your mouth and picture this mist leaving your body completely and floating away. Repeat.

A friendly alien invasion!

Breathe in deeply through your nose (1-2-3-4).

Breathe out fully through your mouth (1-2-3-4).

You are an alien that has just landed on planet Earth. Everything around you is strange and new.

As you step out of your spaceship, take in all of the sights and sounds.

Describe the objects, smells, and noises around you as if you have never seen them before.

Dissolve a thought!

Breathe in deeply through your nose (1-2-3-4).

Breathe out fully through your mouth (1-2-3-4).

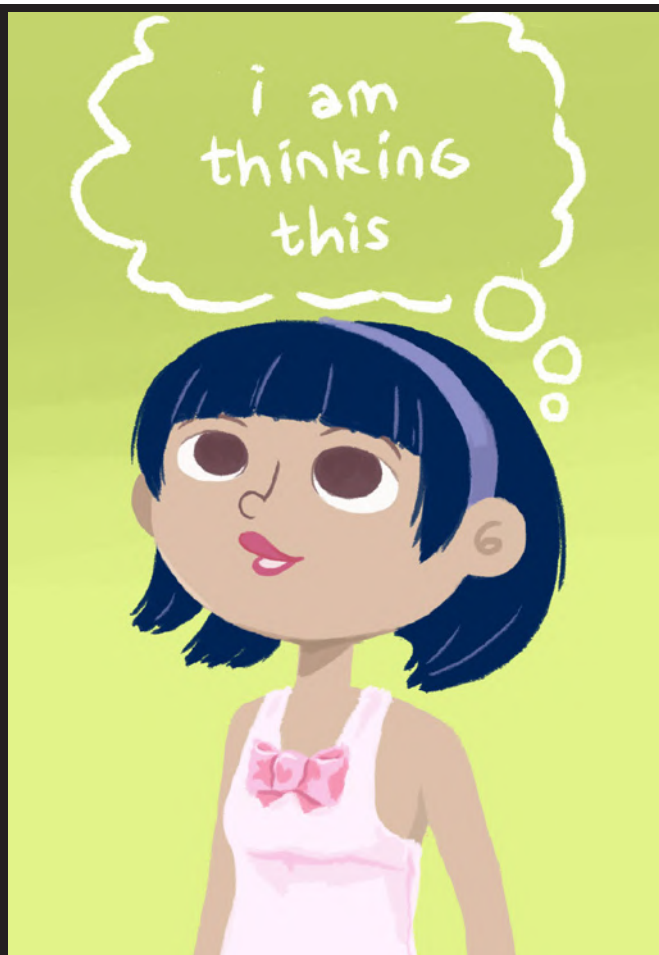
Imagine that each thought you have is a cloud that forms above your head.

As you breathe in (1-2-3-4) notice this cloud.

As you breathe out (1-2-3-4) let the cloud dissolve.

Repeat with a new thought.

Card 37 Front



Card 38 Front



Card 39 Front



Card 40 Front



The ninja walk!

Breathe in through your nose (1-2-3-4). Breathe out through your mouth (1-2-3-4).

Stand up. Practice walking slowly and silently like a ninja.

As you take each step, place your heel down first and slowly lower your foot until your toes touch the ground.

Feel the ground with your foot as though your feet are sticking to the earth.

Then take the next step. Continue to breathe.

Instructions

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Breathing: You will mostly see 4-count breathing in these exercises. When you see "1-2-3-4" on a card, this means count to four in your mind as you breathe in or out. Mindfulness should be enjoyable, so do what feels good and comfortable to you.

Be a comic!

Breathe in through your nose (1-2-3-4). Breathe out through your mouth (1-2-3-4).

When comic characters have thoughts, you can read them in bubbles above their heads.

Close your eyes and imagine you're in a comic. Each time you have a thought, watch it appear in a thought bubble above your head.

What are you thinking now? Read your thoughts and then watch them disappear. Breathe.

Mindful listening!

Breathe in deeply through your nose (1-2-3-4). Breathe out fully through your mouth (1-2-3-4). Continue breathing.

Pay attention to a sound in your room you have been ignoring, like the tick of a clock or the hum of the air conditioner. Listen carefully to the sound.

If there is no sound, pay attention to the silence. What does silence sound like?