

Mindful Sitting

It's important to take some time to relax and sit still after a busy day. To help you to slow down, here is a simple "Mindful Sitting" activity to get you started!

Every day this week, find a place to sit, maybe outside if you can, then follow these simple steps to help you to practise mindfulness.

- Write or draw what you notice around you.
- What can you see?
- What can you hear?
- What can you smell?
- Name one thing you can touch that is within your reach and write or draw what it feels like.

The purpose of this exercise is to help us to be mindful and experience all of our senses in the present moment.



laya Super troopers

Day	What you see/hear/smell	What you touch and what it feels like
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Check out
layasupertroopers.ie
for more tips and
activities.

