

## Mindfulness Exercises

### What Do You Notice?



Try these exercises on a daily basis as you go about your day

#### Notice your Senses

What are you seeing and hearing? What are you smelling and tasting?

What are you touching?

Notice your breathing

Notice that you are standing or sitting, walking or laying down

How does this feel?

Can you feel your feet on the ground?

Can you feel the clothes against your skin?

AND try this ...

#### Close your eyes

What is happening around you?

What do you hear?

How do your clothes feel against your body?

Notice your breathing pattern

Are you sitting, standing or laying down? How does this feel?

#### Open your eyes

What do you see?