



From mountain to sea

Educational Psychology Service **Mindful Moments: A Starting Point**

- Sit down at a table and place an object in front of you – this could be anything e.g. a cup, a vase, a piece of fruit, a biscuit!
- Look closely at the object for several minutes. Don't touch it or pick it up, just think about how it looks. Try not to make judgements or comparisons about its appearance or its usefulness.
- Focus on what you can feel. Stay still, close your eyes and notice any physical sensations – Can you feel your clothes against your body? Can you feel the chair underneath you? How does it feel?
- Focus on what you can hear. Are there noises to hear inside? Can you hear noise from outside? What about the sound of your own breathing?
- Open your eyes and reflect on your experience of the past few minutes.

