



Florida Fishing Academy Mindfulness 6-8

Mindfulness: This means paying full attention to something. It means slowing down to really notice what you're doing. Being present in the current moment.

As many of us are stuck at home we may feel sad or stressed. Being Mindful will help us understand ourselves more. Think about the way that we may feel our feelings or emotions through our body. Does anger feel like you've got steam coming out of your ears? Does love make you feel like your heart is going to burst open?

Activity: Body Scan

A body scan allows us to recognize the sensations in our body and helps relieve tension wherever it is found.

- Find a comfortable spot- You can either sit in a chair with your feet on the ground, lay down or practice this standing- Your hands should be in your lap or on your sides in a relaxed position- Allow your eyes to close
- Take several long, slow breaths- breath in deep and exhale fully- notice how your body responds to each breath
- Let go of the noises around you and tune into yourself- if noises arise remind yourself to return to yourself
- Notice how your feet feel- wiggle your toes- notice how it feels to be barefoot, wear socks or shoes- bring your breath all the way through your body and to your feet
 - You may not feel anything at all but notice that sensation
 - Slowly breath into your body and notice your legs, stomach, hands, arms, etc.
- Once you move through your whole body bring awareness to your body as a whole- open your eyes and return to the present moment- notice how you feel after this practice.

If you would prefer you can follow this guided video on body scanning:

https://youtu.be/ihwcw_ofuME

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