

Chapter 5

Scavenger Hunt: Practicing

Throughout the year you have tried many different mindfulness practices. Fill in the chart below once you have gone back to try each activity on the Student Site again:

1) Add a few notes about the practice that will help you remember how to practice it on your own in the future.

2) Put an asterisk (*) in the 'Favorite' column if it is an activity that feels really comfortable and nourishing to you, that you want to remember.

Favorite	Movement	Add notes here to help you remember key points about the practice:
	1, 2, 3, 4 or 5-Minute Awareness Practices	
	5-4-3-2-1	
	Today I Will Be...	
	Nothing To Do But Breathe	
	Dropping Your Anchor	
	Noticing Sound	
	Quiet Place or Place of Internal Comfort: Part 2	
	Watching Thoughts	
	Heartfulness: Part 1	
	Bright Light Practice	
	Heartfulness: Part 2	
	Just Like Me	
	More Self-Talk	
	Gratitude Visualization	
	Noticing Sensations	
	Compassion Practice	
	Feelings	
	Bowling Ball Release	
	Heartfulness: Part 3	

	P.A.U.S.E.	
	Can You Just Listen?	