



# Homework

Morn/Eve/  
Night

Each week you will be asked to practice a **meditation** and also a **mindful activity**.

First week you only have to meditate once (*but can do more if you like!*) 2nd week twice, third week 3 times etc until end of course where you be encouraged to do it 6 times that week.

Each week you will have a new recording so by week 6 you have 6 to choose from.

## Meditations:

- No **1** Balloon breath
- No **2** Body check
- No **3** Sound and thought
- No **4** All the feels
- No **5** Box breath
- No **6** Imagine

1	2	3	4	5	6

## Mindful Activity Week 1

Do a simple activity with **full attention**. Keep it short to make it achievable.

It could be brushing your teeth, taking your shower, doing a drawing. Whatever you choose do it with all your focus as if you have never done it before, coming back to the activity each time the mind wanders.

## Feedback

Record any feedback about how it went for you

## Meditations:

1	2	3	4	5	6

## Mindful Activity Week 2

Use **5 senses** to explore the environment outside

“5 things I can **see**?” Notice colour, shape, distance..

“4 things I can **hear**? How does the sound feel?

“3 things I can **touch**?” You May like to close your eyes to explore the texture, temperature etc a little more.

“2 things I can **smell**?” How do the smell molecules make your mind feel when they hit the brain? How does it feel in the body

“1 thing I can **taste**” where do you notice the taste most in the mouth. How does that feel in the body?

## Feedback

Record any feedback about how it went for you

# Homework cont.

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**Meditations:**

1

2

3

4

5

6

**Mindful Activity  
Week 3**

Practice **gratitude** noticing 3 things that make you feel grateful. Notice how that feels in the body, the mind and the heart.

**Feedback**

Record any feedback about how it went for you

**Meditations:**

1

2

3

4

5

6

**Mindful Activity  
Week 4**

**Listening exercise.**

Listen with full attention to a piece of music, noticing how it feels in the body, mind and heart. Do you notice any change?

**Feedback**

Record any feedback about how it went for you

**Meditations:**

1

2

3

4

5

6

**Mindful Activity  
Week 5**

**Online Communities Mindfully**

The internet can be a frightening place full of mis information and negative opinions.

You can foster your own positive online communities by asking these 3 questions before you post something.

Is it true? There is enough misinformation out there already.

Is it necessary? It may make you feel better to post this but how will it make others feel?

Is it kind? Negative emotions run high across the world. Does this incite more negative emotions or could it be uplifting to others?

Take note of a time that you post to the internet Mindfully.

**Feedback**

Record any feedback about how it went for you

# Homework cont.

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## Meditations:

1

2

3

4

5

6

## Mindful Activity Week 6

### Move Mindfully

Bring Mindful awareness to an activity you already do. It could be walking, your favourite sport or some of the movements we did in week 2.

Notice the breath as you move. Slow the movements down so you can notice how the body moves, how you feel.

## Feedback

Record any feedback about how it went for you

[www.letsflomindfully.co.uk](http://www.letsflomindfully.co.uk)  
[enquiries@letsflomindfully.co.uk](mailto:enquiries@letsflomindfully.co.uk)



Let's flo  
mindfulness meditation