

-Mindfulness Exercises-

1. Deep Belly Breathing

Purpose: Calms the mind and body, reduces stress.

How to do it:

- *Sit or lie down comfortably.*
- *Place one hand on your chest and the other on your belly.*
- *Breathe in deeply through your nose, filling your belly (not chest) with air.*
- *Hold your breath for a few seconds.*
- *Slowly breathe out through your mouth.*
- *Repeat for 3–5 minutes. Focus only on your breath.*



2. Body Scan Meditation

Purpose: Increases body awareness, releases tension.

How to do it:

- *Find a comfortable, quiet spot to sit or lie down.*
- *Close your eyes and take a deep breath.*
- *Start by focusing on your feet. Notice how they feel, any tension or warmth.*
- *Slowly move your attention upward to your ankles, legs, and hips.*
- *Continue scanning your body, moving up to your torso, arms, neck, and head.*
- *If you find tension, breathe into that area and imagine releasing it with each breath.*

3. Mindful Movement

Purpose: Releases physical tension, improves focus.

How to do it:

- *Stand or sit comfortably, with your body relaxed.*
- *Slowly stretch your arms up to the sky, feeling the length of your spine.*
- *Gently twist your torso from side to side, noticing how your muscles feel.*
- *Reach down and touch your toes, or gently bend your knees to stretch.*
- *Breathe deeply with each movement.*
- *Stay present with your body as you stretch.*

-Journal-



Name _____

Date _____

1. Intention for Today

What do I want to focus on today? (e.g., being present, reducing stress, being creative, exploring new ideas, etc.)

2. Mindfulness Practice

Which mindfulness exercise did I do today?

(Select one or more: Breathing, Body Scan, Clay Creation, Mindful Movement, etc.)

3. Mindful Clay Creation

What did I create with the clay today?

(Describe your piece or what you were trying to make. Did you have a specific shape or form in mind?)

4. How Did I Feel During the Practice?

What did I notice in my body and mind during the practice?

(Reflect on your emotional state—did you feel calm, challenged, or energized? There are no right or wrong feelings—just awareness.)

5. How Will This Help Me Moving Forward?

How can mindfulness and creativity support me in my daily life?

(Every time you take a moment to be present, you are planting seeds for personal growth. Think about how mindfulness can help you face challenges, connect with others, or stay grounded.)

6. My Final Thoughts for Today

Anything else I want to reflect on?

(This is your space to capture any thoughts, feelings, or ideas that came up during the session. Let this be a place for your own personal exploration.)



“Mindfulness isn’t about trying to change your life in one big moment; it’s about finding the courage to show up for your life in every moment. When you do, you begin to see things as they truly are, and in that clarity, growth naturally unfolds.” – Jack Kornfield