A mindfulness technique that you can put into practice in everyday life.

What is mindfulness?

• Mindfulness is the state of being calm and aware of your environment.

Why is mindfulness important?

• Being mindful enables us to remain calm during times of stress.

Find a comfortable spot for this activity.

Activity:

• What emotions and thoughts are going on in your head?
  o Write down some of these thoughts to be used later.
• Close your eyes and breathe in slowly and as you exhale, make a buzzing noise like a bumble bee. Try this for about one minute.
• After this exercise, talk together about what thoughts and emotions you are experiencing now.
  o Do you feel more calm?
  o Has your perspective changed on some of the topics discussed prior to the exercise?
• What happens in our bodies as we practiced this breathing technique.
  o Did you notice that your heart rate slowed?
  o Did you notice that your breathing slowed?
  o Your Cortisol levels, a stress linked chemical in the body, are decreased.
  o Is your mind more clear and focused now?

Want more?
Check out our Stillness Exercise activity sheet for another mindfulness exercise. Be sure to take pictures or videos and tag #MCMAtHome.