STILLNESS EXERCISE
At Home Edition - #MCMAtHome

Practice mindfulness through this fun game that requires stillness.

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.

How does stillness affect mindfulness?
• By being still for just a few moments we are able to become more aware of our environment and create positive physical changes in our body.

Activity:
• For 15 seconds move every part of your body freely.
• After 15 seconds have gone by, pretend your feet are frozen and they can no longer move. The rest of your body should still be moving freely.
• After 15 seconds your legs should “freeze.”
• Keep freezing your body from bottom to top until your whole body is still.
• During these 15 seconds see if you can freeze your eyes by keeping them closed and vocal chords by staying silent as well!
• Talk about what it was like to be completely still for 15 seconds.
  o What thoughts came into your head?
  o Do you feel more focused and relaxed?
• Try playing again going from head to toes!

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