

# Mindfulness

## Activity: Mindful Listening



*This exercise is designed to open your ears to sound in a non-judgmental way. So much of what we “feel” is influenced by past experience. So, the idea of this exercise is to listen to music with a blank slate (no judgements).*

### Activity:

1. Select a piece of music you have never heard before.
2. Find a quiet place, make yourself comfortable, put in your headphones, and close your eyes.
3. Try not get drawn into judging the music by its genre, title, or artist before it has started.
4. Explore every aspect of the song. Listen for different instruments.
5. Focus on the vocals: the sound of the voice, its range and tones.

**Don't think, just hear.**



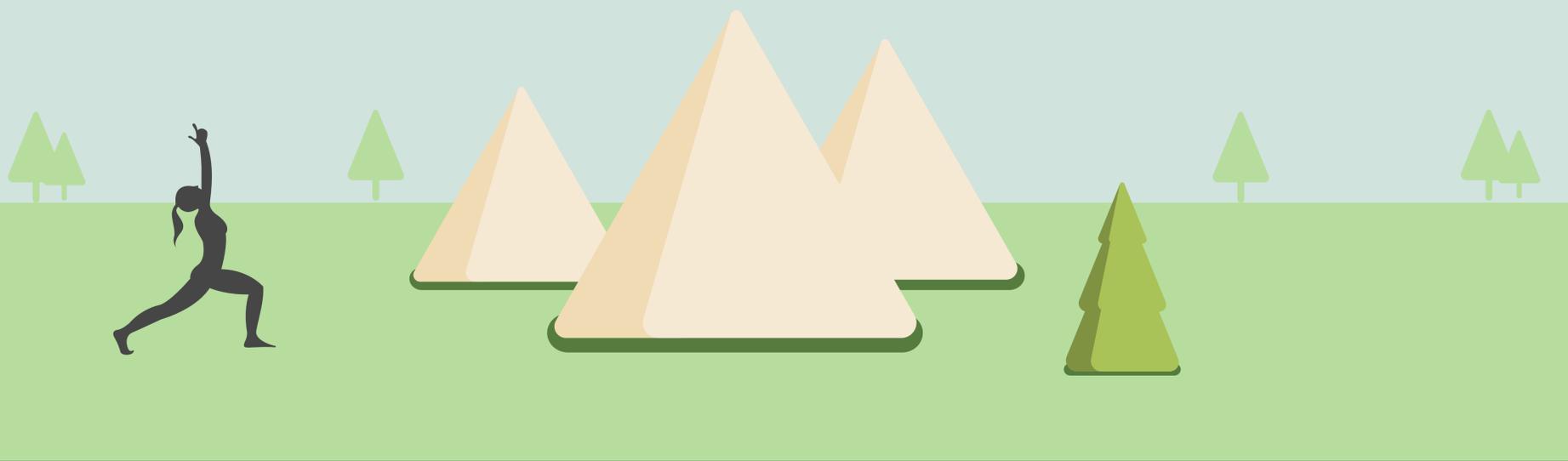
**U-TTEC Lab**

Technology in Training, Education, and Consultation

SCHOOL PSYCHOLOGY | THE UNIVERSITY OF UTAH

# Mindfulness

## Activity: 5 Senses Exercise



**Activity:**

*How are you feeling right now?  
What is going on in your body?  
What is going on around your body?*



When you are feeling overwhelmed about a situation:

**STOP  
BREATHE**

**Do this Quick 5 Senses Activity**



*Thing you can taste*



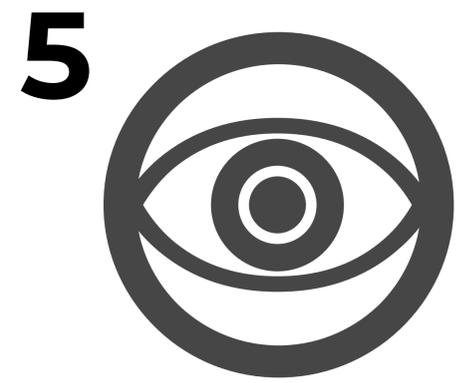
*Things you can smell*



*Things you can touch or feel*



*Things you can hear*



*Things you can see*

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## Activity: Superhero Breaths



### Activity:

*We are going to practice some superhero breaths today! Think about how you feel doing these exercises.*

# 1

*Let's make our own superhero pose! First, think of a superhero...their pose... and remember to breath!*

# 2

*Superheroes need lots of rest. We relax like superheroes on our back with our arms out at our sides.*

# 3

*In relaxation, we get our bodies super relaxed by tensing all our body parts at the same time, and then relaxing them all at once. We do this 3x.*

# Superheroes: Poses



**Batman:** As you inhale, raise your arms out to the side as if they were your wings and lift one knee. As you exhale, bring your arms together in front of your body and lower your knee.



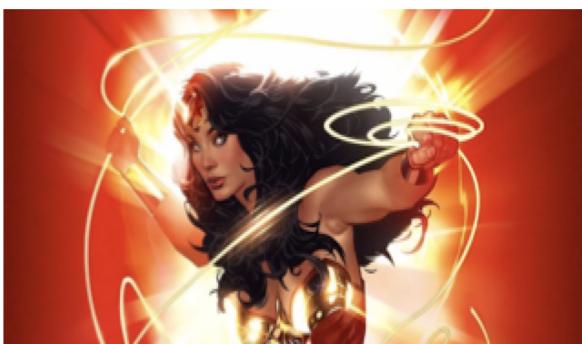
**Spiderman:** Make Spiderman web fingers, inhale while bringing your arms and hands to your side. As you exhale, spin the web out in front of you.



**Superman:** Inhale with your arms down at your sides, with your hands in fists. Exhale and bring them out in front of you as if you were flying.



**Hulk:** Inhale, bringing your arms up to the sky. Exhale and bend your elbows, bringing your arms down as if you're flexing your arm muscles, while bending your knees.



**Wonder Woman:** With one hand up in the air, inhale as you spin your lasso. Exhale and throw that lasso out in front of you.