



MINDFULNESS CHALLENGE

Since ancient times, mindfulness has been practiced all over the world since ancient times as a way to calm the mind. Mindfulness means paying attention to the present moment without judging your thoughts and feelings.

Directions

For this challenge, you'll practice different mindfulness activities and exercises. Each practice is worth a certain amount of points. You can gain a total of 55 points. Invite your family and friends to participate and see who can get the most! The more points you get, the more you will have increased your powers of calming your mind and creating inner peace.

Challenge List

- Unplug for 24 hours- No phone, computer, tablet, TV or other technology! [10 points]
- Meditate for 10 minutes: sit or lie down, eyes closed, breathe deeply, focus on the sound of your breath, let your thoughts float by like clouds. [9 points]
- Do a 5-minute body scan. Lie down, eyes closed, breathe deeply and imagine relaxing each part of your body, one by one, from toes all the way up to head. [8 points]
- Choose a piece of fruit and spend 3 minutes describing all the small details about it – How it looks, feels, smells, sounds and tastes. [7 points]
- Sky gaze and look for shapes in the clouds. Find at least 10 shapes. [6 points]
- Name 10 things you're grateful for. [5 points]
- Name 5 things you can smell. [4 points]
- Name 5 things you can feel. [3 points]
- Name 10 things you can see. [2 points]
- Take 3 long, deep breaths. [1 point]

Total: / 55