



mindfulness is the awareness that occurs when you focus on the present and on the purpose of what you are doing. Practice the activity below this week before starting any independent assignments to get you thinking about thinking!

Set a 5 minute timer.

Find a quiet space

Sit on your chair, comfortably with a straight back and relaxed neck, shoulders and arms. Close your eyes and breath through your nose. Allow your entire body to relax. Allow your mind to relax.

Breath

In a relaxed way direct your focus to your breath. Notice your breathing, in and out.

Focus your breathing in a neutral way, without controlling it and without trying to make it different. Simply notice your breath as it is.

Counting

To help to focus your breath count at the end of each exhale. Slowly count up to ten and backwards to one.

If you lose track of counting start at one again.

Distractions

You will get distracted. This could be anything that is not your breath or count. It could be a sound, thoughts.

When you get distracted be aware of it and then go back to your breath and counting.

Now start your independent work.

If you feel yourself lacking focus or getting distracted notice it and then return to the focus of the task in hand.

