

Have you ever been in a conversation and started thinking about your grocery list/chores and then pulled yourself back into the conversation? That's mindfulness! Being in control of your thoughts in the moment. As you read this article are you noticing how your feet are planted on the floor? Are you sitting up straight or slouching? These are all questions that help us be mindful. Using mindfulness techniques as ways to bring peace to our bodies. Mindfulness helps the friend check in with how they are feeling, and what they are thinking .

Activity One-

Take a walk to the peace poll at Gwynedd Friends Meeting. Practice mindfulness. Spend a minute on each question. To be truly mindful can take many years of practice.

- ★ What does the air around you feel like?
 - All things about the air, your breathing, others?
- ★ What does the pole look like?
- ★ What does the pole mean to you?
- ★ Is the sun shining? What does that feel like to you?

Activity Two-

Check Your Battery- This rating scale helps us check in with ourselves in terms of energy. How much energy do you have left today? How much did you start with today? Did you get a good night's sleep last night? Sleep impacts humans in many ways and is a very important part of growing. Can you identify how you are feeling using the colors? Ask yourself the questions if it's age appropriate.

