



Chapter 4 Activities

Activity 1: Get Your Bearings

How did it go? Is anything different at home? Maybe you took a few full breaths. Maybe you let go of some of the tension in your shoulders or jaw. Maybe you noticed a thought come through about how to proceed on a task you need to take care of. How are you feeling now? Make a few notes about what caught your attention and what may have shifted in you from getting your bearings.

Activity 2: Breathe and Notice: Theme and Variations

First, take a moment to notice how you're feeling as you start this activity. Maybe you feel agitated or worn out from your day. Maybe you had a fun, peaceful day. Got a few words in mind? Great! Jot them down.

Variation 1: Scan Your Breathing

After you do the exploration, complete this part.

Pause a moment and jot down some notes about what you've learned.

Variation 2: Breathe and Know

Complete this piece after you do the exploration.

Nicely done! Take a moment to notice how you're feeling as you wrap up this activity.

Has something changed after paying attention to your breathing for a bit? Make a few notes.

Activity 3: First Impressions

Finish this exploration and then do this two-part reflection.

- There's one more step to this activity: reflection time. This first reflection is different, but no worries. Ignore any art critique who may arrive, and illustrate your first impression, your self-image. Draw a representation of your sense of yourself resting on the floor or bed.

- Now, use your words. Write down your observations and insights here.
