

MUS Mindfulness Resources

Mindful Listening



- ▶ Ask your students to sit in a comfortable posture in their chairs, as you turn off the lights and ask students to close their eyes.
- ▶ For two minutes, ask students to quietly listen to the sounds around them.
- ▶ After two minutes, have students open their eyes and write down the sounds that they heard. Then give them two more minutes to do this practice.
- ▶ After two more minutes, ask students to share the sounds that they heard.
- ▶ Finally, ask students to describe how this practice made them feel.

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Reducing Anxiety



- ▶ Ask your students to sit in a comfortable posture in their chairs, as you turn off the lights and ask students to close their eyes.
- ▶ Over the course of three minutes, calmly read the following script:
 - ▶ As you breathe in, imagine a calm warm feeling coming into your body.
 - ▶ As you breathe out, imagine all of your stress and anxiety leaving your body.
 - ▶ Try to make your exhale twice as long as your inhale.
- ▶ After three minutes, ask students to describe how this practice made them feel.

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Experiencing Calm



- ▶ Ask your students to sit in a comfortable posture in their chairs, as you turn off the lights and ask students to close their eyes.
- ▶ Over the course of three minutes, calmly read the following script:
 - ▶ Become aware of your breath as it calmly leaves your body.
 - ▶ Watch your breath go in...and out...and in...and out.
 - ▶ Don't force or change your breath, just watch it, go in...and out.
- ▶ After three minutes, ask students to describe how this practice made them feel.

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Increasing Focus



- ▶ Ask your students to sit in a comfortable posture in their chairs, as you turn off the lights and ask students to close their eyes.
- ▶ Over the course of three minutes, calmly read the following script:
 - ▶ As you breathe in, and breathe out, we will quietly count to ten.
 - ▶ Breathe in...Breathe out...count 1, Breathe in, breathe out...count 2. In your own time, try and progress counting your breath. Go as slow as is comfortable.
 - ▶ If your attention wanders away, bring it back.
- ▶ After three minutes, ask students to describe how this practice made them feel.