

Beginners



EDUCOOT

# MINDFULNESS

**Non-accredited**

**SAMPLE!**



Student Worksheets

[WWW.EDUCOOT.ORG](http://WWW.EDUCOOT.ORG)



# WEEK 1 NOTES

## A. Start Where You Are

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- You will start practising mindfulness in the present.
- So, start where you are!
- It does not matter what is going on in your life right now – there will never be a better time to start practising mindfulness.
- Take the time to know yourself and what your dreams are.

Hopefully, the course will help you in these areas:

### 1. Find more joy

Catch your breath, relax your mind, and feel less stressed.

### 2. Get more good nights

Put your mind to bed, wake up refreshed, and have energy to tackle your days.

### 3. Make every day happier

Do it for yourself, and everyone you love. It only takes a few minutes every day. Make it part of your routine.



## B. Introduction to Mindfulness

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1. What do you think mindfulness is? What words come to mind when you hear the word 'mindfulness'?

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2. \*When you have completed the course, come back and check on your explanation. Change it if you need to! Or add to it below.

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## C. Take a Short Survey

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1. Go through the following questions. Write yes or no.



The more often you answer "no," the more mindfully you live. Answer honestly; you do not need to share your answers with anyone.

- a) I could be experiencing some emotion and not be conscious of it until some time later. \_\_\_\_\_
- b) I break or spill things because of carelessness, not paying attention, or thinking of something else. \_\_\_\_\_
- c) I find it difficult to stay focused on what's happening in the present. \_\_\_\_\_
- d) I tend to walk quickly to get where I'm going without paying attention to what I experience along the way. \_\_\_\_\_
- e) I tend not to notice feelings of physical tension or discomfort until they really grab my attention. \_\_\_\_\_
- f) I forget a person's name almost as soon as I've been told it for the first time. \_\_\_\_\_
- g) It seems I am "running on automatic" without much awareness of what I'm doing. \_\_\_\_\_



h) I rush through activities without being really attentive to them. \_\_\_\_\_

i) I get so focused on the goal I want to achieve that I lose touch with what I am doing right now to get there. \_\_\_\_\_

j) I do jobs or tasks automatically, without being aware of what I'm doing. \_\_\_\_\_

k) I find myself listening to someone with one ear, doing something else at the same time. \_\_\_\_\_

l) I drive places on "automatic pilot" and then wonder why I went there. \_\_\_\_\_

m) I find myself preoccupied with the future or the past. \_\_\_\_\_

n) I find myself doing things without paying attention. \_\_\_\_\_

o) I snack without being aware that I'm eating. \_\_\_\_\_

Number of Yes

Number of No



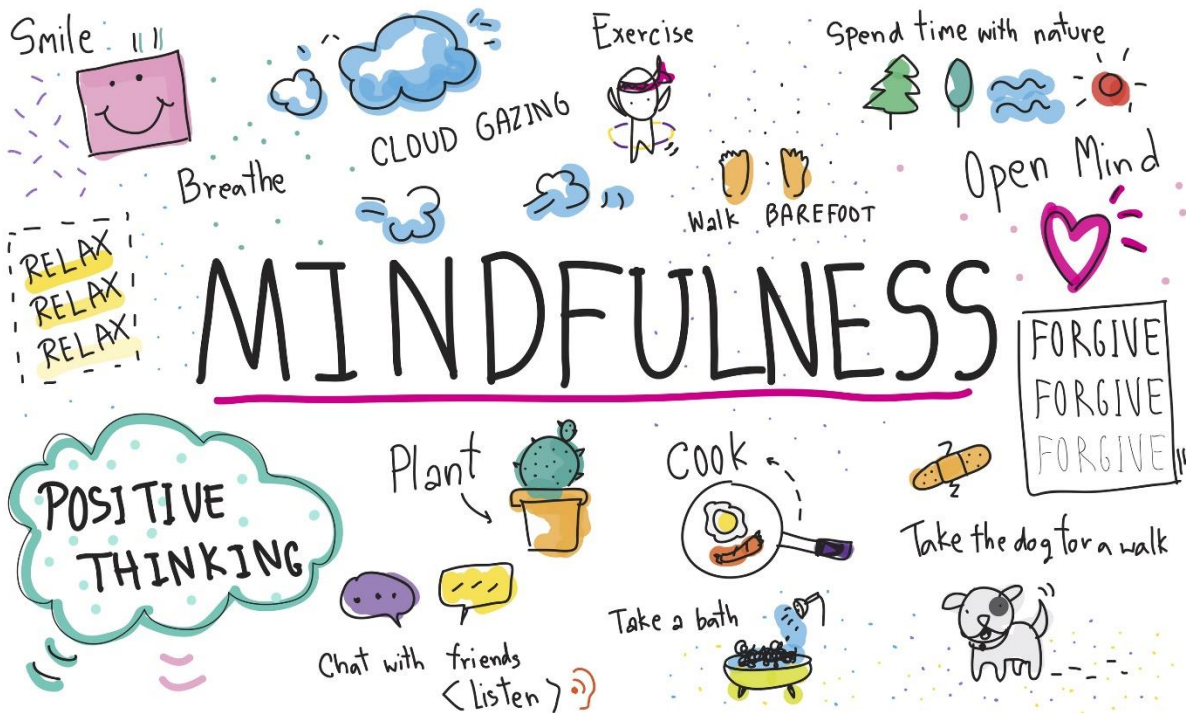
2. How did you score?

Remember! These questions are not a test. There are no 'good scores' or 'bad scores'.

3. Talk about this survey.

4. Here are some mindful things you can do, if you are not doing them already!

But remember, there's no pressure!



## D. More Questions!!??

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1. Take part in a questionnaire online

<http://awakemind.org/quiz.php>

or fill in the questionnaire your teacher gives to you.  
(available for the teacher)

*So many questions! But this gives you a chance to think about things you may not have considered for a long time.*

2. These words below are from the questionnaire. Give an example of each.

a) emotion \_\_\_\_\_

b) expectation \_\_\_\_\_

c) opinion \_\_\_\_\_

d) visual element in nature

\_\_\_\_\_

e) sensation \_\_\_\_\_

f) experience \_\_\_\_\_

g) idea \_\_\_\_\_

h) behaviour \_\_\_\_\_



## E. What is Mindfulness?

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Mindfulness is a practice of focusing your attention on the present moment—and accepting it without judgment.

1. Focus on the present moment for 1 minute. Write down things / feelings / sounds etc. that you were aware of.

Feelings:

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Sensations:

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Sounds:

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Other:

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**Quote: “Respond;  
don’t react. Listen;  
don’t talk. Think;  
don’t assume.”**  
**~Raji Lukkoor**



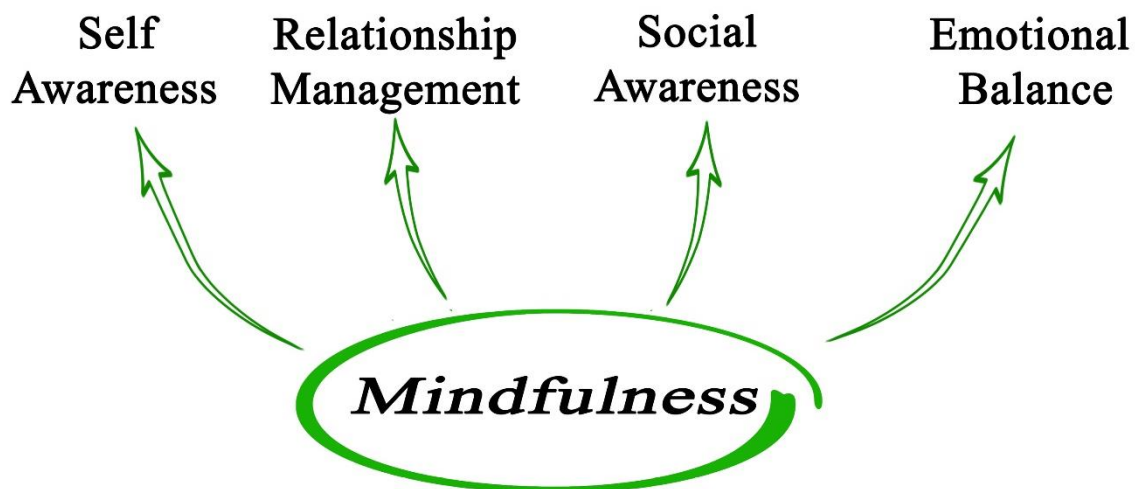
2. Name some characteristics of mindfulness:

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A word cloud centered around the word "MINDFULNESS" in large, bold, dark blue letters. Other words in various shades of blue and grey include: HEALTH, KINDNESS, PRESENCE, AWARENESS, PEACEFUL, CALM, EMPATHY, RELAXATION, BREATHING, CONCENTRATION, JOY, EMPOWERMENT, MEDITATION, WELLBEING, CENTERED, CLARITY, FOCUS, COMPASSION, and ACCEPTANCE. There are also three icons: a purple lotus flower, a white dove, and a profile of a head with a heart inside.

3. Look at the mindfulness diagram.



4. Write each of these terms above by the correct definitions.

a) It means having an awareness and understanding of the world around you. This includes environments, cultures, communities, societal norms, problems, struggles, and all other areas that make up the social atmosphere in which you live.

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b) It is the ability to see yourself clearly and objectively through reflection and introspection.

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c) It is the ability to remain calm and clear-headed during a stressful situation or crisis.

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d) It is looking after and nurturing the personal and work relationships that you have.  
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DOs



DON'Ts

5. Write DO or DON'T.

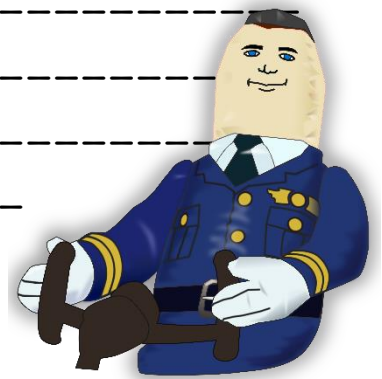
- a) Have a daily meditation practice. \_\_\_\_\_
- b) If you cannot sleep, stay in bed, tossing and turning.  
\_\_\_\_\_
- c) Use sleep apps to help you sleep. \_\_\_\_\_
- d) If something is on your mind and causing you to worry, try and block it out of your mind. \_\_\_\_\_
- e) Before you go to bed, calm your mind and practise relaxed breathing. \_\_\_\_\_
- f) Go for a walk in nature and notice and enjoy the scenery. \_\_\_\_\_
- g) Force yourself to sleep, even if you are not tired.  
\_\_\_\_\_
- h) Look through social media or text messages when you are trying to fall asleep. \_\_\_\_\_
- i) Being grateful helps you to focus on the good and makes the brain calm and relaxed. \_\_\_\_\_
- j) Watch a movie on your laptop as you fall asleep.  
\_\_\_\_\_
- k) If a certain stressful event or situation is making you stressed, try to relax and allow it to come to your mind. \_\_\_\_\_
- l) Set a gentle alarm on your phone, e.g. gentle and soothing chimes and bells. \_\_\_\_\_
- m) Drink lots of water throughout the day. \_\_\_\_\_
- n) Watch hours and hours of TV at night to help you relax. \_\_\_\_\_

## F. The Automatic Pilot

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1. Name some things you do on 'auto-pilot'.

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2. Tick the 4 correct sentences:

- The mind often follows patterns of thinking.
- Negative thinking makes us feel good about ourselves.
- Our thinking can be like a habit!
- Through practising mindful breathing we can start to notice thoughts.
- We should try to ignore all our thoughts and switch off.
- Through mindfulness we can move our thoughts away from negative and repetitive thoughts.





# WEEK 1 PRACTICE

A. Listen to the Body Scan Meditation. (Appendix 1)

B. How did you feel after the body scan meditation?

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C. What did you find easy?

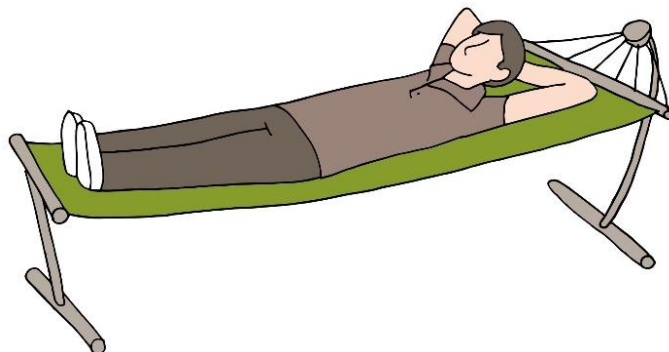
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D. What did you find difficult?

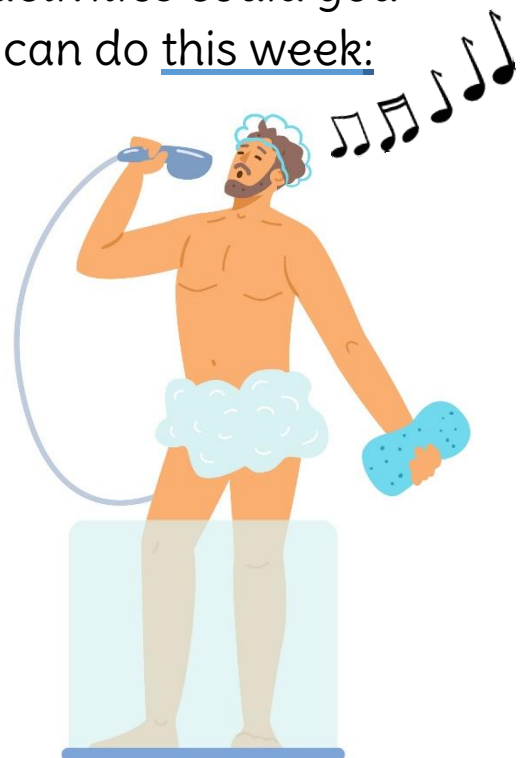
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E. Research online: What mindful activities could you do? Tick the mindful activities you can do this week:

- Brushing your teeth
- Eating breakfast
- Going for a walk
- Doing some exercise
- Drinking a cup of tea
- Taking a shower
- Washing your hands
- Washing the dishes
- Listening to sounds around you



F. Write other mindful practices that you followed:

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G. Start a Mindfulness Journal. You can use the templates in Appendix 13.

- You can also find Mindfulness templates online.
- Read the tips for writing your journal. (These can be found on the slides)
- Use the Habit Tracker over the page. On the habit tracker, you can include: mindfulness, meditation, journal, etc. (Note: Just because you are using a habit tracker, it does not mean that you need to do each thing every day! The habit tracker is a reminder for you and a record of how often you are practising good habits!)



# HABIT *tracker*

Month \_\_\_\_\_ Year \_\_\_\_\_

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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## Week 1 Summary & Checklist

### Summary

- Focus your attention on the present moment—and accept it without judgment.
- Have present-moment focus
- Be aware of auto-pilot
- Do everyday activities mindfully
- Do body scan meditation



### Did you do the following?

- Fill in questionnaires / surveys
- Focus your attention on the present moment
- Accept your thoughts without judgment
- Have present-moment focus
- Practise mindful breathing
- Be aware of auto-pilot
- Take part in body scan meditation
- Do a mindful activity, e.g. teeth brushing
- Journal – write your ideas, thoughts, mindfulness activities, gratitude notes, etc.
- Use the Habit Tracker if you find it useful

# Appendix 1

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## Body Scan Meditation

This is a simple and effective body scan meditation. The aim is to focus your attention on being mindful and accepting towards any sensations that you may feel.

Before you begin:

- Preferably don't eat within an hour of this meditation as it can be difficult to relax if you are feeling very full!
- Dim the lights if possible.
- Switch off your mobile phone.
- Wear comfortable clothes and take off your shoes.
- Lie on your back if possible, arms and legs relaxed and comfortable.
- When your thoughts go wandering, remain mindful and detached from them and gently patiently return your attention to your breath and body.
- There is no pressure on you as there are no rights or wrongs.
- There's nothing strange about relaxing and meditating. It's just natural.

The instructions:

- a) Lying down now... Breathe in s-l-o-w-l-y and deeply through your nose. Feel your abdomen move outwards as your diaphragm contracts and draws air into your lungs. Your chest should not rise noticeably.
- b) While breathing slowly, direct attention to your left foot. Feel your foot. Curl your toes once to fix your awareness to it. Now relax...
- c) As you breathe in through your nostrils, slowly scan your left leg from foot to knee, and up through your thigh.
- d) As you breathe out, trace your leg down to your foot. Do this 3 times, then take your mind off your breath and remain with your foot.



- e) Feel the sensations in your foot. Simply become aware of them. Scan your left lower leg. Accept any tension or discomfort. Scan slowly, up through your thigh now.
- f) If thoughts appear, that's fine. Gently come back to your breath, and shift awareness over to your right foot.
- g) Slowly inhale while scanning through your right calf, knee, and thigh... Exhale and scan back down. S-l-o-w-l-y. Now let go of your breath and remain with your foot.
- h) Scan for any sensation in your foot... calf... Thigh... Simply accept all sensations and feel what happens. Relax...
- i) Now focus on your stomach. Feel it r-i-s-i-n-g as you breathe in. Sinking as you exhale. Nice and slow. Your heart probably slows down. This is normal. Remain aware of your stomach, your breath... up and down. Become aware of sensations. Relax...
- j) Now follow the same procedure with your left hand and arm as you did with your leg. You may clench your fist at first to really direct your awareness to your left hand. Breathe...
- k) Now scan up along the length of your arm, to your chest. Then down your right arm to your right hand. Remain there. Breathe. Sense and scan. Relax...
- l) Come back up to your chest. Continue scanning up along your neck and to your face. Gently clench your jaws and release. Feel the sensations in your jaws, your throat. Breathe and scan. Feel how the back of your head rests against the floor.
- m) Scan the top of your head. Relax...
- n) Now detach from all body parts. Breathe... Feel how everything is connected, resting gently on the floor. Just breathe, let any sensation come to you. Accept it as a part of you. Return to your breathing. You are big; sensations are small parts of you. They fluctuate, come and go.



o) Just breathe for a minute and feel your body. Then sit up slowly.

A note to say...

The first time you do a body scan meditation it may feel a little weird. That's OK! The more you do it, the more you will reap the benefits of being completely aware of your body.

Accepting sensations, even painful ones, seems to be more effective than trying to control them.

Reference:

<http://www.meditation-techniques-for-happiness.com/body-scan-meditation.html>

