

Mindfulness activities for young people

Connect
with nature.
What can
you see,
hear, feel
and smell?



Dance like
no one's
watching.

Go for a quiet
walk, notice
how your
body feels as
you move.



Give
yourself a
hand
massage.

Listen to an
instrumental
piece of music
and draw
along to it.



Eat slowly,
notice the
different
flavours and
textures.