

# 5 MINDFULNESS ACTIVITIES FOR TEENS

- 1. Have A Campfire:** Sit in silence for and mindfully watching it burn. Notice all the colors of the flames, notice the smells, notice the warmth.
- 2. Walk or Hike In Nature:** Maybe you live in a city and you don't have the option to go walk in the woods but nature is always near us.
- 3. Get Grounded:** This could be simply digging your toes into some dirt in your backyard, walking on the beach, gardening, laying in the grass, or climbing a tree.
- 4. Mindful Cookies:** Bake some cookies and mindfully eat them afterwards. Notice the different flavors and how the cookies make you feel.
- 5. Hot Cocoa Meditation:** Make yourself a hot cocoa, set a timer for 10 minutes, close your eyes, and bring all your awareness to the tastes and smells of the cocoa.

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