

## Tween/Teen Mindfulness Tools:

From: J. Bernstein,

### Mindfulness for Teen Worry

Ideas for tweens/teens to manage their worries and be aware of their feelings.

Eating with purpose and Mindful Reflection:

- Sit in a comfortable chair with a small piece of food
- Place the small piece of food in your palm
- Examine the piece of food carefully as if your seeing it for the first time
- Concentrate on the shape, texture, color, size etc.
- Small the piece of food
- Bite the piece of food slowly
- Notice the flavor
- Notice the flavor after its swallowed
- Sit quietly for a moment and revisit the journey of eating

Hearing with a purpose in “Mind”

- Take some Mindful breaths
- Listen to the sounds around you
- Pick a sound to focus on
- Avoid focus on distracting sounds
- Focus for about thirty seconds
- Reflect on the experience

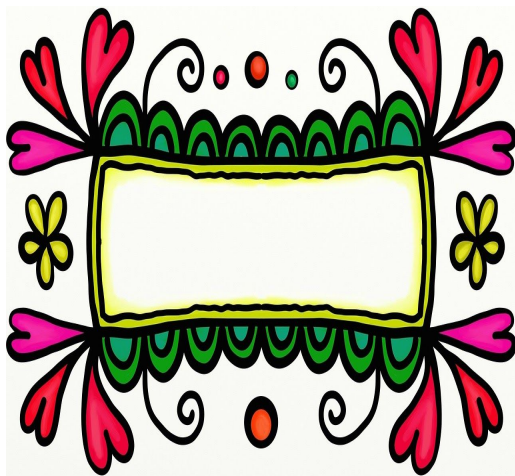
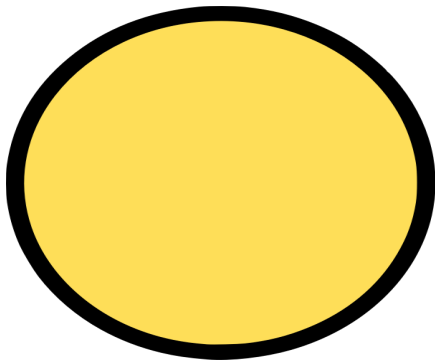
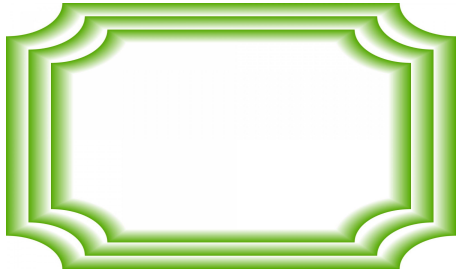
From Mindful Practices:

N. Spencer Ph.D., LPC, NCC

Calming my thoughts with Mindful Coloring

Gain control by relaxing with mindful coloring:

Spend one-two minutes coloring, doodling or writing inside each shape.



Reflect on your drawings, think about the colors you used, the pressure you placed on the paper, words you wrote etc.

## Mindful Journey Writing:

- Find a paper or a small notebook that you are comfortable with writing in
- Writing, just like breathing is a way to stop and focus on “you”
- Focus on your feelings and emotions. Think of positive statements about yourself:

“I am special”

“I contribute a lot”

“I am a good listener”

“I am a good friend”

- Focus on what you are thankful for

Friends

Family

Pets

Athletic skill

Artistic skill

Let your words flow. Do not pay attention to spelling or grammar. This is a free write.