

# Mindful Minute

## Let's Take a Mindful Minute

*Mindfulness* means “being aware of what is happening right now and how you feel about it.”

### Close Your Eyes. Sit Quietly. and...

#### Breathe

Take deep breaths, and let them out slowly. Think about how the air goes in and out of your lungs.

#### Listen

Listen to the sounds around you, and think about how many sounds you can name.

#### See

Look at one item around you; and think about its shape, color, texture, and how it is made.

#### Touch

Use your fingertips to feel an item or the area around you. Think about how it feels and the words you would use to describe it.

#### Smile

Open your eyes, and enjoy the world around you.



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