



Drinking water

Using your senses, become familiar with the cup of water. Notice how it feels in your hand, what it looks like, temperature and weight.

Is there a smell to it?

Feel the movement of bringing the water to the lips, pause..... Notice any sensations in the body? body temperature, rushing or tingling of the arm?

Take a sip How does this feel? cooling, soothing, soft? How is the body? Relaxed, tense? where are the shoulders?

Take another sip, holding this sip in the mouth, pause..... Feel the water, against the tongue, cheeks and roof. Notice if the temperature changes.....

As you swallow, feel it travel through the body. Noticing thoughts, where are they right now? Allowing them to pass by, being cooled by the water - returning attention to the senses.

Complete the drink with awareness, noticing each sip and body sensations. Bringing attention to this everyday event.



Caution

Always consider any allergies that you may have and **ONLY** use what you know to be safe for you and your family.

Consider age appropriateness for each activity and only use what objects and equipment are suitable for the age range of your family.

Ensure this activity is of a suitable temperature for all.

Mindful Senses



Awareness Activities

Background information

These activities were originally created to be used as part of a wider project and shared through a teaching session. Whilst they offer mindful activities, they are not intended to be a teaching in mindful meditation. These ideas offer a way to bring a mindful approach into our lives, helping to engage all our senses and bring a present moment awareness into everyday experiences.

Extension options

- Use the preparation time as moments of mindful awareness
- Use different water temperatures, add ice cube (see cautions) or smells such as a slice of fruit
- Change fill levels
- Close eyes/Use eye mask
- Focus attention on a specific area of the body e.g. fingers, throat, lips, eyes
- Focus on different senses
- Use a straw – experience sucking
- Use different cups

Resources

- Glass or cup
- Fresh, clean water
- Any additional pieces from suggestions

Preparation

Gather everything you need for the activity.

Find a comfortable space, taking some time to become still, quiet and settled.

If possible, dim lighting, ensure you have warmth and set phones to silent.

You are invited to start by softly closing your eyes or resting a softened gaze just ahead of you.

Bringing your attention to the body, notice any areas of tension, perhaps the shoulders, back or legs, and soften into these areas.

Bringing your attention to the breath, follow the rhythm of the breath, wherever it is most noticeable for you.

If, for whatever reason, this is not comfortable, you may choose to bring your attention to the air around your nose or sensations at the soles of the feet, hands or where the body makes contact with the seat or floor below.

Taking a few moments allowing the body and mind to settle.