



# MINDFUL MOMENT # 3

## Mindful Body Awareness

Lead this “Body Scan” exercise to encourage being fully present in their body, which is sometimes referred to as a feeling of “bodyfullness.”

Instructions and script:

1. **“Today’s mindful moment is called a body scan. You remember you learned how to do mindful breathing, how that can relax you and make you more calm. Now we’re going to scan around the whole body, and go through it like a spotlight, section by section, so you will know how to be mindful in your whole body.”**
  2. Read the script below aloud in a slow, gentle voice at a rhythmic pace with many pauses. Have people sit in chairs for this exercise.
  3. **“Please get into your ‘mindful bodies.’”**
  4. **“First feel yourself on your chair, feel your feet on the floor, your toes, your heels. Are they heavy or light? Feel your seat on the chair, your back leaning on the back of the chair, or if you’re lying down feel your body melt onto where you are lying.”**
  5. **“Where your body is touching the chair or floor, is it soft or hard?”**
  6. **“Bring your hands together, and rest them in your lap. Notice how your hands feel. Are they heavy or light, warm or cool?”**
  7. **“Notice these things about every part of the body we put our flashlight of attention on, starting with your feet.”**
  8. **“What about your knees, your legs.”**
  9. **“Put your attention on your belly. Breathe in and feel it fill up with air, then breath out the air.”**
  10. **“With your hands clasped in your lap, put your spotlight of attention on your fingertips.”**
  11. **“Then your elbows.”**
  12. **“Your shoulders.”**
  13. **“Your back.”**
  14. **“Your neck.”**
  15. **“Put your spotlight of attention on your face, your mouth, your eyes, your ears, the top of your head.”**
  16. Allow them to breath silently for a few moments.
  17. **“And when you’re ready open your eyes.”**
  18. Invite feedback from the group about their mindful experience.
- Questions to ask: What is one thing that you noticed? Is there one part of your body that you wanted your flashlight of attention to stay on for longer? Did it make you feel more relaxed?

Tell them that the body scan is a good mindful exercise to do before they go to sleep, before class or sports. Being mindful of your body is like telling your body that it is important to you and that you see it and care about it.