

DAILY ACTIVITY 1

ARE YOU STILL BREATHING?

Developing a daily practice of sitting meditation is a great way of bringing mindfulness into your life, but it is not the only way. When you start to bring mindful awareness into other parts of your daily life you will find that this is a great way of making your mind smile.

You can check in with your breath a few times a day by asking yourself: “am I still breathing?” You might be surprised at how easy it is to forget that we are breathing. Try to be curious as you explore your breath and notice how it changes over the day or during different activities. A great way to remember to do this is by connecting it to a ritual activity you do several times a day, such as opening a door or sitting down. So every time you open a door or go to sit down, do a quick check in with your breath.



For 16-22 year olds