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Activity sheet

Mindfulness activity

Duration : 60 minutes

Number of participants : 6 to 20 participants

Age : from 12 years old

Material :

- Big space, preferably outside in nature (park ; forest ; seashore ; mountain ; garden...) ; a tool for controlling time (phone ; watch...); a tool for distributing the word (a pen; a stick).

Objectives :

- To be more attentive and familiar to its environment (sounds ; view ; substances...).
- To connect with its inner emotions.
- To learn to live slower.
- To generate wonderment towards its environment.
- To calm one's anxiety.

Progress :

General information

The activity is organized outside, preferably in a quiet space with vegetation. Youth are gathered in a circle. They all have to be positioned in order to hear the coordinator of the activity well. The coordinator introduces the activity by saying that they are going to offer



themselves a moment for themselves, where they are going to give attention to their sensitive perceptions by being conscient of the environment that surrounds them. The coordinator invites youth to give in during this activity, and not to judge or analyze what they perceive. It is not recommended to the coordinator to announce to youth the time they have per each part of the activity. If they have the information, it can turn the activity into a challenging situation for them. However, the coordinator has to control the time.

Step 1: sense of touch (10 minutes)

If the activity is organized on the grass or on the sand: during 10 minutes, youth are asked to remove shoes and to walk barefoot on the ground. Their attention has to be focused on the physical sensations they are experiencing. They can close their eyes to reinforce their attention.

If the activity is organized anywhere else where it is complicated to go barefoot: during 10 minutes, youth are asked to touch with their hands any elements they see in the environment (trunk ; leaves ; soil ; grass ; pebble...). Their attention has to be focused on the physical sensations they are experiencing. They can close their eyes while touching the different elements to reinforce their attention.

When the time is over, the coordinator asks youth to stop what they are doing. They are now going to experiment with another sensation.

Step 2: sense of hearing (10 minutes)

Youth are asked to close their eyes and to stand still. For 5 minutes, they have to focus on the nearby sounds they hear (the song of a bird, the sound of a bicycle wheel on the road...). The coordinator asks questions to youth to help them focus their attention on the sounds: what are the sounds that get your attention? Which sounds of nature are you able to identify? For 5 more minutes, youth have now to focus on the sounds that are a little further. They can move their head slowly to get the sounds more precisely.

Step 3: sense of smell (10 minutes)

While keeping their eyes closed, youth are now invited for 10 minutes to concentrate on the scents they smell in the air. The coordinator asks questions to youth to help them focus their attention on the scents: which smells do you identify? Can you associate the smell with a color? A word? What are the perfumes of nature you perceive?

Step 4: sense of taste (10 minutes)



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While keeping their eyes closed, youth are now invited for 10 minutes to concentrate on the taste of the air. The coordinator asks them to open their mouths and to “taste” the air. They have to focus their attention on the tastes they perceive in the air: is it iodine? is it perfumed? Is it fresh?

Step 5: sense of view (10 minutes)

Now, participants are asked to open their eyes. They are invited for 10 minutes to look attentively at every detail of the environment that surrounds them: the grass, the insects, the soil... Their attention is focused on every detail that escapes from their attention in their daily life. They can move and walk for this part of the activity. The coordinator can ask questions to youth to help them focus their attention on the details: how can you see that the soil is alive? Which tree, plant, animal or other element attract your attention?

At the end of the time, the coordinator asks youth to gather and form a circle.

Debriefing

This part should not be neglected. It is very important that youth feel invited and free to share how they feel after this activity, and what they thought about it.

For debriefing, the coordinator can ask the following questions to the group. Participants are free to speak up:

-What is your appreciation of the activity?

-How do you feel after this activity? Do you feel a difference between your emotional states before and after the activity?

-Did you feel comfortable with the approach?

-Was it easy or difficult for you to keep your attention focused during the activity ?

-Were you able to give in?

-Which part surprised you the most?

It is recommended to the animator to use a “talking stick” in order to distribute the word equitably, and to respect the speaking time.