

NOTICING GAME

MINDFULNESS is about intentionally focusing our attention on one thing at a time. It can help us notice what is going on inside of us and around us. Much like any other skill, we get better at being mindful the more we practice. One way we can practice is by using and strengthening our “noticing” muscle so we can use it when we need it.

Try out this game: Carefully look at both photos. CIRCLE all of the differences you notice on the bottom photo.



KEY:
1. Hair style 2. Rainbow wrist cuffs 3. Glasses 4. Cat moved 5. Books on the shelf

TRY OUT THIS GAME WITH A FRIEND! Practicing our noticing skills helps us get better at being mindful. Play with a friend, sibling, classmate, coworker, or loved one, and practice your skills.

RULES:

1. Choose who will be the **NOTICER** and who will be the **CHANGER**.
2. Allow the **NOTICER** one minute to look at and notice details about the **CHANGER**.
3. Next, the **CHANGER** leaves the room and has one minute to change 3-5 things about their appearance.
4. Once the **CHANGER** returns, the **NOTICER** is challenged to name all of the changes they can notice. If you do not get them all the first time, that is okay! It just gives you a chance to keep practicing
5. Next, switch roles (the **NOTICER** becomes the **CHANGER**). Repeat and have fun!

***Variation:** The **NOTICER** leaves the room and the **CHANGER** mixes up 3-5 things around the room you are in. The **NOTICER** comes back and tries to guess what has changed in the room.

There are many ways to practice **MINDFULNESS**.

An easy way is to use our five senses:

Take a walk, focus on a tree,
and identify the colors you

SEE

Go outside and notice
everything you can

HEAR

Grab an object around you and
notice what you

FEEL

Wherever you are, take a deep
breath and pinpoint what you

SMELL

The next time you eat, observe
what you

TASTE

REFLECT:

1. What are things that are important for you to pay attention to?

- Friendships Family School work A job
 Moving my body Getting enough rest Other _____

2. When is it easier to be mindful?

3. When is it more difficult to be mindful?

CHALLENGE:

Over the next week, check off ONE area in your life that you want to practice mindfulness with.

- | | | |
|---|--|--|
| <input type="checkbox"/> Fueling my body | <input type="checkbox"/> Moving my body | <input type="checkbox"/> Resting my body |
| <input type="checkbox"/> My friendships | <input type="checkbox"/> My family relationships | <input type="checkbox"/> My breathing |
| <input type="checkbox"/> My feelings/emotions | <input type="checkbox"/> Doing something I enjoy | <input type="checkbox"/> Other? _____ |

Fill out the calendar below with how you plan on practicing mindfulness with the thing you checked above. As you practice mindfulness throughout the week, reflect on what you notice.

Some ways to practice **MINDFULNESS** can be:

- Taking a walk and smelling the trees
- Hugging your pet
- Paying attention to the taste of your food

REMINDER: Mindfulness is about paying attention on purpose!

	MON	TUES	WED	THURS	FRI	SAT	SUN
How will I practice mindfulness?							
What do I notice?							

SHARE WHAT YOU NOTICE ABOUT BEING MINDFUL WITH SOMEONE THAT YOU TRUST!

