

Name: \_\_\_\_\_

# MINDFULNESS JOURNAL

## World of 8 Billion, Activism Toolkit

This journal can also be printed and used as workbook. It is preferable to complete these activities outside, and without technology for distractions.

### DID YOU KNOW...

Spending just [10 minutes outside](#) in a space with nature can improve your mood, thinking, and lower your stress levels! In today's world of overstimulation and technology, it is important to seek out "unplugged" time outdoors.

Taking mindful moments to ourselves can also offer different perspectives about our values and passions in life as one of 8 billion people on the planet.



*"An understanding of the natural world is a source of not only great curiosity, but great fulfillment."*

-Sir David Attenborough

### Additional Resources:

Introduction to [Meditation](#) & [Mindfulness](#)

#### BOOKS

- *Sitting Still like a Frog: Mindfulness Exercises for Kids* by Eline Snel
- *Just Breathe: Meditation, Mindfulness, Movement, and More*, by Mallika Chopra
- *Mindfulness in Plain English*, by Bhante Gunaratana
- *The Unplugged Hours*, by Hannah Brencher

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Entry #: \_\_\_\_\_




## **Mindfulness Journal**

Find a comfortable position, sitting upright or lying down. Set a timer for 1-5 minutes and allow your breath to flow in through your nose and out of your mouth. You can put on a [guided meditation](#) or simply close your eyes and begin to focus on taking deep breaths at your own pace. Pay attention to the senses you feel or notice in your body and the environment. When your mind begins to wander, try to bring your attention back to your breath.

Record the number of minutes you spent on mindfulness and reflect on the questions below. Try to complete at least three mindfulness journal entries in different locations. For example, your school, in your neighborhood, and at a friend's house.

Minutes	How do you feel?

## **Observations**

	What do you notice about your surroundings?	
	What sounds do you hear? Where are they coming from?	
	What do you smell?	
	What are you feeling right now? *hint: close your eyes!	

## **Gratitude**

Share one new thing you appreciate right now.	
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## Your Takeaways

After completing at least three journal entries, reflect on the following questions.

- What did you notice during your mindfulness moments? What themes emerged from your mindfulness journals?
- Describe your mood after making meaningful time to reflect? Did you notice any changes?
- How could being mindful influence your actions in everyday life?