

Appendix 4. Mindfulness cards ([Module 3](#))

Instructions

Work in groups of 3 – 4. Lay the cards on the table in the middle so that you cannot see the text. Take turns picking a card and reading it aloud to the group. Everyone in the group follows the instructions on the card.

Read to others and do accordingly Place your hand on your belly. Take 10 deep breaths. Notice your hand moving up and down as you breathe.	Read to others and do accordingly Sit very still and notice one thing you can see, hear, feel, taste, and smell.
Read to others and do accordingly Close your eyes and spend one minute thinking about the best day of your life. Try to remember as much as you can!	Read to others and do accordingly Close your eyes and think about how you are feeling. Happy? Sad? Annoyed? Excited? Something else? How do you know you are feeling this way?
Read to others and do accordingly Sit quietly and place a small object in your hand. A pencil, eraser, or something else. Think about how it feels in your hand. Notice one new thing about this object.	Read to others and do accordingly Close your eyes and sit quietly. Notice how your clothes feel on your body: your shirt, pants and shoes. Do you notice anything you did not notice before?