

Aware

Word of the month

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Edizioni settembre 2024

1. Tick 5 things that people can see when they look around.

/image: boy sitting on the grass in the park, cross-legged, with headphones on/

- 1.plants
- 2.books
- 3.thoughts
- 4.walls
- 5.heart
- 6.paintings
- 7.furniture

Answers: 1; 2; 4; 6; 7

2. Close your eyes. Write down:

- a. A sound you can hear now. _____
- b. A thought you are thinking now _____
- c. A part of your body that you can feel now. _____

Sample answers:

- a. the rain;
- b. I'm tired;
- c. my shoulders

Practising mindfulness can help you to feel calmer. Mindfulness is about being AWARE of your thoughts, your body and your environment.

3. Complete the sentence.

When you feel stressed, stop for a while. Focus on the here and now. Be _____ of what you are thinking and feeling, and where you are.

Answer: When you feel stressed, stop for a while. Focus on the here and now. Be aware of what you are thinking and feeling, and where you are.

4. Tick only the 5 activities that will help you to be more aware.

1. slow down
2. breathe deeply
3. watch TV
4. be quiet
5. disconnect from devices
6. spend time in nature
7. play video games

Answers: Tick: 1;2;4;5;6

5. Try practising mindfulness for ten minutes every day for one week. Keep an 'awareness' diary.

Monday

Now I am aware of myself and my surroundings.

Environment:

Sounds:

Thoughts:

Tuesday

Now I am aware of myself and my surroundings.

Environment:

Sounds:

Thoughts:

Wednesday

Now I am aware of myself and my surroundings.

Environment:

Sounds:
Thoughts:

Thursday

Now I am aware of myself and my surroundings.
Environment:
Sounds:
Thoughts:

Friday

Now I am aware of myself and my surroundings.
Environment:
Sounds:
Thoughts:

Saturday

Now I am aware of myself and my surroundings.
Environment:
Sounds:
Thoughts:

Sunday

Now I am aware of myself and my surroundings.
Environment:
Sounds:
Thoughts: