



MINDFULNESS & MEDITATION VOCABULARY

litfilmfest



MINDFULNESS & MEDITATION PROMPTS

It is important that we look after our minds in the same way we look after our bodies.

Have you got time to sit and notice what is happening around you and inside you?

Is your breathing slow and steady?

What thoughts fill your mind?

What can you see, hear or feel?

What are you worrying about?

Who could you talk to about your thoughts?

USEFUL VOCABULARY

breathe
mediation
mindfulness
thoughts
clear
mind
aware
conscious

stress
difficulties
challenges

body scan
focus
attention
reflect
visualise

HOW ARE YOU FEELING? - ADJECTIVES

proud open animated bold optimistic
loving sympathetic encouraged
supportive kind clever warm hopeful

tired heavy tearful depressed
hurtful miserable irritated nasty
anxious annoyed resentful nervous

HOW TO MEDITATE - ADVERBS & VERBS

Slowly close your eyes.

Allow your mind to relax.

Gently rotate your shoulders.

Listen carefully to the sounds around you.

Focus on the weight of your body on the chair beneath you.