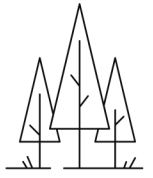


Body Scan



No Child Left Inside Activities | Bryn Lottig

This mindfulness activity involves focusing on different parts of the body to check-in.

PREP:

Find a quiet space and have participants sit in a comfortable position. Either sitting in a chair with feet grounded on the floor, or laying down on your back with your head flat on the ground.

Step-by-Step Instructions for PLAY:

- Today we will practice a short body scan, checking in with our bodies helps to settle the mind and to notice what physiological sensations and emotions might be present
- You may close your eyes or keep them slightly open. Willing the spine to lift, the shoulders to soften
- Begin by taking a full breath in and a long breath out
- Now bringing awareness to the top of your body, your head, face, neck, shoulders
- Noticing any sensations, movements, any places of holding
- Now moving down to the arms and the hands
- Sensing the back of the body, the front of the body
- Sensing yourself seated.
- Feeling the contact of your body with the chair or the cushion
- Now sensing your upper legs, your lower legs, and the feet
- Noticing if there are any particular places that call out for attention
- Places where sensations feel most vibrant or dynamic

Reflect:

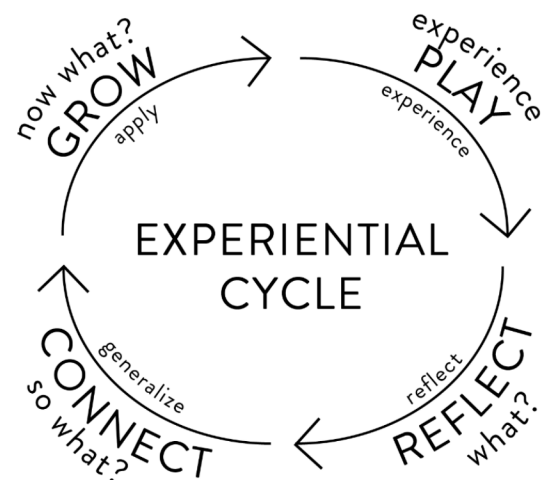
- What did you notice when you closed your eyes and started to scan your body?
- What happened when you were asked to soften a part of your body?

Connect:

- Have you experienced a connection like this with your body before? If so when?

Grow:

- How could this activity be useful in your life?
- How could you incorporate this into your life moving forward?



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