

Mindful Movement Script

The exercise is called mindful movement,
stand mindfully with your arms, relaxed by your sides.

Take three soft, slow, mindful breaths,
and for this exercise, you can keep your eyes open.

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Let's start by tightening and relaxing the muscles in your toes, ankles, and legs by
lifting 1 foot and feeling your muscles working.

B

Now let's do the other leg, lift your other foot and feel the muscles working.

B

Want to use your imagination? You might even imagine that you are an animal in a
jungle. Begin walking silently through the jungle. And try not to make a sound.

Feel your toes helping you balance. Feel your weight in your heels.

Move your arms loose by your side.

If you start daydreaming about something else, just pay attention to your feet again.

B

Continuing to walk silently through the jungle,
feeling your feet move.

Continue to move slowly across the room.

Notice how your hips swivel and your weight shifts when you turn.

If you are a person that uses any equipment to help you move like a wheelchair, notice
how it feels and how your weight shifts when you use it.

B

Move across the room a few times paying full attention to how you move.

Great job moving mindfully in the jungle today!

