

# Stix Mindfulness Activities

**To cycle through activities, hold the buttons down to end an activity, and hold again to start the next!**



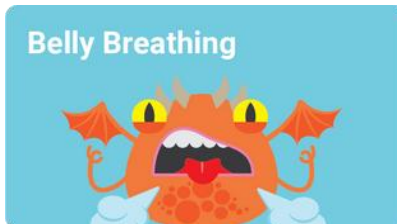
1. See how still you can stand while balancing and try not to let your Stix turn red!



2. Breathe in as you stretch your arms up like a big balloon, then breathe out as you let them float down.



3. Imagine a warm glowing ball of light that helps you feel calm, happy, and thankful.



4. Place your hands on your belly and feel it rise and fall like a balloon as you breathe slowly.



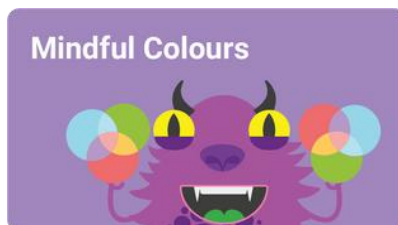
5. Take deep breaths while reaching up high to touch the sky and stretching down to touch the earth.



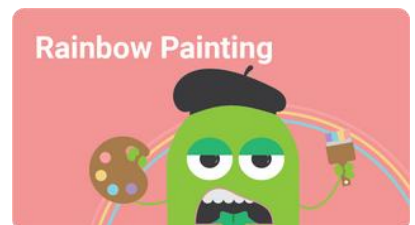
6. Listen to the waves and breathe in and out with the rhythm of the ocean.



7. Imagine your thoughts are bubbles and pop them with your Stix to clear your mind.



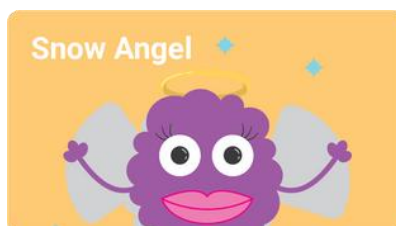
8. Watch the colours change and think about how each one makes you feel inside.



9. Use your Stix like a magic paintbrush and think about what each rainbow colour makes you feel.



10. Use all five senses to notice the sights, sounds, smells, touches, and tastes around you.



11. Imagine making a snow angel as you gently notice how each part of your body feels.



12. Ride your imaginary surfboard and learn how to stay calm as your emotions rise and fall like waves.