

## MINDFULNESS PRACTICE #12

Title: The New Bunny Hop

Skills: Participate, one-mindfully, on-judgmental (letting go of perfectionism), effectively, opposite action to shame, urge surfing

Everyone stands up if they can. Give alternative instructions for “chair dancing” if needed.

Play the You Tube video [The Bunny Hop Line Dance - INSTRUCTIONS – YouTube](#)

The instructors teach the steps prior to beginning the dance.

Play the video all of the way through. Instruct participants to observe urges to quit and keep moving (urge surfing and effectively). Notice judgments and let them go.

Point out the difference between opposite action (for an emotion) and effectively (doing the dance even when you don't want to).