

## MINDFULNESS PRACTICE #13

Title: Log Jam

Creator: Amanda Gutierrez

Skills: Participate, one-mindfully, effectively, non-judgmentally

One person begins by saying a 3-letter word.

The next person changes one letter to create a new word, e.g. "rat", then "cat" then "car".

Once a word has been used, it is "burned" and cannot be used again.

