

MINDFULNESS PRACTICE #5

Title: Twist & Shout Mindfulness

Skills: Participate One-Mindfully

1. Everyone makes a column on a piece of paper with the words:
 - a. Twist
 - b. Shout
 - c. Shake
 - d. Baby
2. Leaders play "Twist and Shout" by the Beatles on a sound device.
3. Participants listen mindfully and whenever one of the four words is sung, make a hash mark or a check next to the word. By the end of the song, their papers will look similar to this:
 - a. Twist //
 - b. Shout //
 - c. Shake //
 - d. Baby //////////////////////////////////
4. Tell participants that they should observe urges to count "ahead" if they know the song. They can move with the music, if they wish, but they don't have to do so. If they try to make themselves move, they will not be mindful to the practice. If they try to inhibit moving, they will not be mindful to the practice.
5. At the end of the song, have participants describe one thing they noticed during the practice. Often, participants ask what the "right" number is for each word or wish to compare numbers. I usually tell them that there is no right in this practice.



Thanks to the NYCC (Bronx) DBT team