

MINDFULNESS PRACTICE #6

Title: Read a Children's Book Aloud

Skills: Mindfulness to Current Emotion; Non-judgment; Accumulating positives. Your choice of book and your instructions will inform what skills are being emphasized.

Mindfulness to Current Emotion:

Choose a book that is likely to generate emotion (e.g. *The Giving Tree*) and ask people to observe their physical sensations. Remind them not to escape or avoid their emotion by thinking about the story, memories generated by the story, etc.

Non-judgment:

Choose a book in which characters do provocative or problematic things; instruct to bring the mind back to listening and away from thoughts.

Accumulating positives:

Choose a funny or light book; instruct to participate fully in listening, throwing themselves 100% into the experience.

