

# Mindfulness Dice Game

1 Breathe in through your nose & slowly out through your mouth	2 Listen – what can you hear?	3 Slowly trace over your fingers on each hand
4 Walk slowly to the beat of my clapping, up to ten steps	5 Look – three things you can see	6 Feel your feet on the ground – watch your toes wiggling
7 Touch – 2 things that feel soft	8 Shake your body and freeze!	9 Hand on heart another on your belly – take a deep breath say softly “I love Me”
10 Self-hugs Squeeze & release three times	11 Reach high like a tree. Breathe in, then lower arms slowly breathing out	12 Sip icy cold water Feel it cold in your tummy



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# Mindfulness

for

## Interoception Awareness

**1 Dinosaur Stomp**  
Stomp heavy, jump high, freeze.  
"Feel our heartbeat! Mine's thumping fast in my chest!"

**2 Jelly Shake**  
Shake your whole body fast to a song, then freeze  
"My body feels warm & tingly!"

**3 Icy Slide Sip**  
Sip ice water through straw. "Wow, it went down a big slide... landed cold in my stomach!"

**4 Tummy Massage**  
Circle hands clockwise on belly. "My tummy feels warm and swirly now."

**5 Power Squeeze Hug**  
Tight self-hug, hold 5 seconds, release. Repeat 3 times. "My whole body feels strong and safe!"

**6 Hum "Happy Birthday"**  
"My chest was vibrating... now it feels open and spacious inside."

**7 Belly Breath**  
Hand on belly. Big breath in (belly rises like balloon), slow breath out. Repeat. "My tummy was rising like a balloon... now it feels relaxed like a soft pillow inside."

**8 Marshmallow Sniff**  
Grab a marshmallow & sniff  
"I notice my mouth watering when I sniff, and inside my tummy feels awake and hungry."

**9 Warm Water Sip**  
Sip warm water through a straw. "Oh I notice warmth spreads slowly down & my tummy feels cozy inside."

**10 During Eating (Fullness Rising)**  
Pause midway through eating: "I notice food filling my tummy - it's getting warm, heavy & full inside now."

**11 Shoulder Squeeze**  
Squeeze shoulders right up to your ears, hold tight, then relax. Try slowly 5 times!  
"Oh my muscles feel tight moving up... now they melt warm and loose down my neck!"

**12 Heartbeat Stethoscope**  
Press chest piece over heart, listen quietly. "I notice my heart thumping loud through the stethoscope, and inside my chest I feel it pulsing strong and steady."

