



- When you have spent a minute examining the big toe in this way, move your attention to the other toes of the left foot... now the sole of the left foot... the top of the left foot...the ankle region... the calf muscle... the shin area... moving up the leg, through the knee... the thigh region of the left leg... then leaving the whole of the left leg behind, moving your attention to the big toe of the right foot.
- Knowing that the mind will wander because that's what minds do, when you notice that, gently make note of where the mind was off to and then return your attention to where you intended to focus.
- Congratulate yourself because that was a moment of mindfulness.
- Moving through the torso region - the middle of the body - examine any sensations present, perhaps noticing unpleasant sensations such as discomfort, or feeling tired, and knowing you can just notice that, or you can breathe into that area and have a sense of it cooling or letting it go.
- Now your hip region... stomach region... back region... shoulder region... neck region... jaw area... mouth, nose, eyes... forehead... back of head...
- Then imagining that, like a whale, there is a blowhole at the top of your head and blowing down, all the way through the blowhole down through the torso, the legs, and out the tips of the toes...
- Knowing as long as you are breathing there is more that is right with you than is wrong with you!

Reflection Questions/Journal Prompts

- What did you think of this activity?
- What helped you focus on this activity?
- Were you thinking about anything else while following this activity?
- What part of this activity did you like best?
- What feelings or emotions did you have while doing this activity?
- How did your body feel after the body scan activity?
- When do you think it would be helpful for you to practice the body scan?