

a week of mindfulness

06.15.2020 - 06.21.2020

MONDAY

Sometimes in ultra-familiar environments, we may not realize that there are certain details we miss despite being present in those environments every day. Take a few minutes at the end of your day today to choose a room in your home to observe. Write down details you've never noticed. Maybe the wallpaper has a certain pattern you've never looked twice at, or there's a tiny figurine you once left in the room and never removed. Perhaps there are childhood photos you've always walked past but never took the time to study. What do we take for granted about our environments?

WEDNESDAY

Weaving is the practice of interlacing yarns or threads. With cardboard, a pencil, a ruler and some thread, [follow The Weaving Loom's instructions to create your own simple cardboard loom](#). Many of us have been on public transit or in conferences in which we notice someone else knitting or crocheting; this small craft is mobile and calming when we feel anxious or bored.

FRIDAY

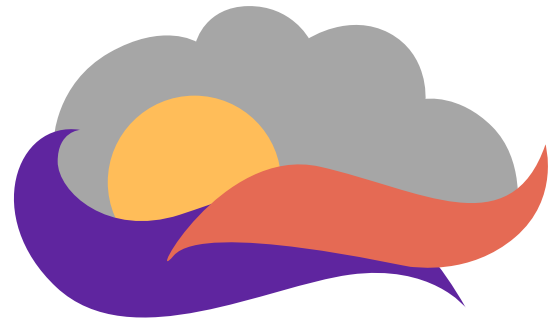
"Nice cream" is the term for dairy-free ice cream. With only one ingredient, frozen bananas, you can make nice cream that tastes like the real thing. If you want to mix it up, you can add ingredients like maple syrup, strawberries, peanut butter, and cocoa powder to make variations, such as double chocolate nice cream, peanut butter nice cream, and strawberry nice cream. Use [Detoxinista's Banana Nice Cream recipes](#) to whip up your own frozen treat and unwind at the end of your Friday.

SATURDAY

Try this activity on your own or with a friend or child - take a look for one minute through a magazine. After the minute is up, flip the magazine over and write down as many items as you can remember from the photos. What did you notice that you normally wouldn't when mindlessly flipping through the pages?

TUESDAY

Take a few moments to read [Joy Harjo's poem "Remember,"](#) which encourages us to ground ourselves in nature and the people closest to us when we feel overwhelmed, lost, or afraid. *"Remember the sky that you were born under/know each of the star's stories."*



THURSDAY

Choose a window in your house today, one you don't look out of often. Maybe it's the kitchen window, a bedroom window, or the upstairs window. Take five minutes to observe what is happening outside. Challenge yourself to view life with "a new window" every day - take a new perspective when you have the chance.

SUNDAY

Take 30 minutes this weekend to [practice mindful writing](#). At the end of every sentence, you'll inhale and exhale. Follow your gut and write about what feels most calming to you.