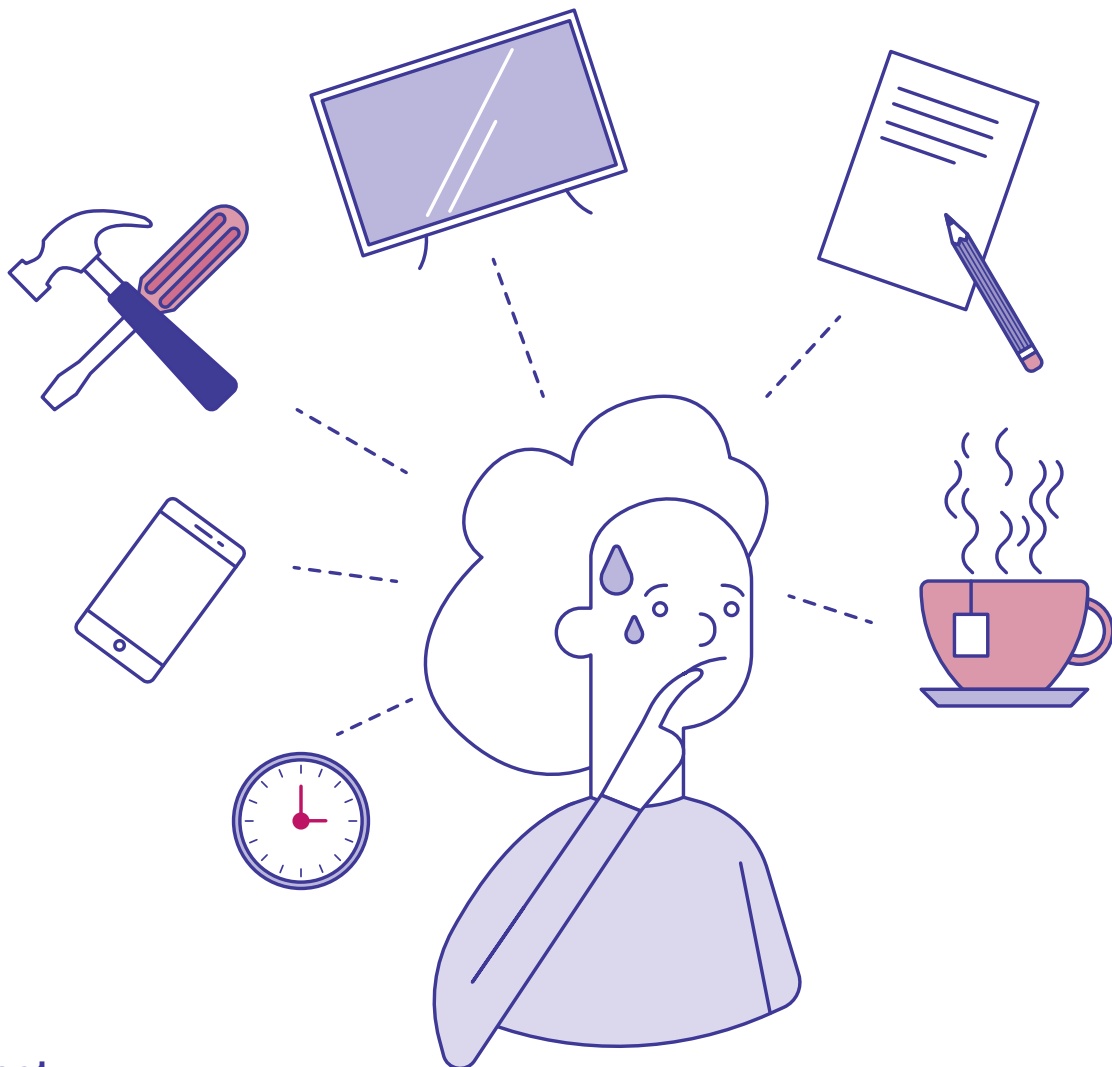


Record your thoughts

ACTIVITY SHEET

Mindfulness and meditation are kind of like exercise for your brain. It teaches your brain how to be flexible and strong by taking notice of your thoughts, but without judging them - this means there is no 'wrong' or 'right' answer. What's more, there is heaps of scientific research that backs up how terrific it is for your brain!



Fun fact

Think you can do more than two things at once? Think again. It is impossible for our brains to multitask. Instead, our brains are quickly switching back-and-forth between different tasks, rather than doing them all at the exact same time.

Multitasking increases the chances of you making a mistake because you're splitting your attention between multiple tasks.

This activity is designed to be done throughout one day, bit by bit, instead of all at once. In each of the boxes below, there are instructions and some space for you to journal your thoughts in.

When you wake up

Describe how you felt today. Are you feeling happy, sad, worried, excited or a mixture of emotions?

When you are eating something

Take some time to use all of your senses and appreciate the food. What colour is it? How does it taste? What does it smell like? How does it feel in between your fingers? Can you hear anything?

In the afternoon

Look around you. Draw what you see and try to describe how it makes you feel.

Before bed

Describe the best part of your day.

Don't forget to take photos and share your results on social media with **#ScitechAtHome**



Joke

Q: Why didn't the brain want to take a shower?

A: It didn't want to be brainwashed