

7 days of pause

TAKING PAUSE

EACH DAY CONSISTS OF A JOURNAL PROMPT AND ACTIVITY

1

Activity: Here is a practice on how to walk while being present with yourself and body. Learn more about Walking Meditation

Journal prompt: What place would you love to take a walk in right now, but can't? Describe how you think it will look and feel to walk there.

Activity: Try this yoga practice set to images from the Grinnell College Museum of Art!

Journal prompt: What is a piece of art that has stuck with you? A song, painting, poem, book, sculpture, play, any kind of art. Why does it resonate with you?

2

3

Activity: There are many ways to turn these runs into a mindful practice and many benefits as well

Journal prompt: Runners are dedicated to their sport, they run through all types of weather. What storms have you weathered to get to where you are today?

Activity: Here is a way to turn it into play with this bubble popping dance practice or noodling

Journal Prompt: What is a song that makes you want to move every time you hear it? What emotion are you feeling as you move?

4

5

Activity: Here are 3 ways to take a pause with movement while sitting at your computer.

Journal prompt: Are you content right now, in this moment? Why?

Activity: 3 moves to help you be aware of your body.

Journal prompt: What are three words that inspire you to continue moving forward?

6

7

Activity: Qigong is a mind-body-spirit practice. Try this practice to get started on a Qigong journey.

Journal prompt: What is your favorite movement or stretch? How does it make you feel when you do this movement?