

# Activity Plan



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NAME OF THE ACTIVITY:

MINDFUL MOMENTS – GROUNDING TECHNIQUES  
FOR EMOTIONAL BALANCE

## OVERVIEW

THIS WORKSHOP INTRODUCES MINDFULNESS AND GROUNDING TECHNIQUES TO HELP MANAGE ANXIETY AND DEPRESSION. THROUGH ENGAGING ACTIVITIES LIKE GUIDED MEDITATION, SENSORY EXERCISES, AND SIMPLE MOVEMENT PRACTICES, PARTICIPANTS LEARN HOW TO CENTER THEMSELVES IN THE PRESENT MOMENT.

## OBJECTIVES:

- TO SHARE SIMPLE MINDFULNESS TECHNIQUES THAT REDUCE STRESS AND ENHANCE EMOTIONAL REGULATION.
- PROVIDE PRACTICAL EXERCISES THAT PARTICIPANTS CAN USE IN DAILY LIFE.
- BUILD CONFIDENCE IN USING MINDFULNESS AS A TOOL FOR EMOTIONAL BALANCE.

## COMPLEXITY AND TIME:

SUITABLE FOR FIRST-TIME MINDFULNESS PRACTITIONERS; NO PRIOR MEDITATION EXPERIENCE IS REQUIRED.

TOTAL DURATION: 90 MINUTES

## GROUP SIZE:

8-15 PARTICIPANTS

## RESOURCES:

4-4-4-4 BOX BREATHING TECHNIQUE GUIDED VIDEO

## TARGET GROUP:

18-30 YEARS OLD

## THEMES ADDRESSED:

MINDFULNESS AND PRESENT-MOMENT AWARENESS  
STRESS REDUCTION AND RELAXATION  
BODY-MIND CONNECTION

## MATERIALS:

YOGA MATS OR COMFORTABLE SEATING (OPTIONAL BUT RECOMMENDED)  
SMALL ITEMS FOR SENSORY EXPLORATION (E.G., TEXTURED FABRICS, SCENTED CANDLES, NATURE OBJECTS)  
MUSIC OR SOUND SYSTEM FOR GUIDED MEDITATION (OPTIONAL)

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## INSTRUCTIONS

### 1. ICEBREAKER (10 MIN) - "MINDFUL CHECK-IN"

SETUP: ARRANGE CHAIRS OR MATS IN A CIRCLE IN A QUIET SPACE.

PROCESS:

ASK EACH PARTICIPANT TO BRIEFLY SHARE A SINGLE WORD DESCRIBING THEIR CURRENT STATE (E.G., "STRESSED," "CALM," "TIRED").

ENCOURAGE ATTENTIVE LISTENING, ENSURING EACH VOICE IS HEARD WITHOUT INTERRUPTION.

### 1. GUIDED BREATHING (15 MIN) - "GROUNDING BREATH"

SETUP: DIM THE LIGHTS OR USE NATURAL LIGHT, PLAY SOFT AMBIENT MUSIC IF AVAILABLE.

PROCESS:

- LEAD PARTICIPANTS THROUGH A GUIDED FOCUSING ON THEIR BREATH.
- USE BOX BREATHING TECHNIQUE
- 4-4-4-4 INHALE - WAIT - EXHALE - WAIT
- USE A SCRIPT THAT DIRECTS ATTENTION TO THE INHALE AND EXHALE, MENTIONING BODY SCANNING (FROM HEAD TO TOE) AND NOTICING SENSATIONS WITHOUT JUDGMENT.
- REMIND THEM THAT IT'S NORMAL FOR THOUGHTS TO WANDER, AND GENTLY GUIDE THEM BACK TO THEIR BREATH.

### 1. SENSORY ACTIVITY (20 MIN) - "SENSORY EXPLORATION"

SETUP: CREATE SEVERAL SENSORY STATIONS AROUND THE ROOM (E.G., A TABLE WITH TEXTURED FABRICS, A STATION WITH SCENTED ITEMS LIKE ESSENTIAL OILS, A SOUND STATION WITH CALMING AUDIO CLIPS).

PROCESS:

- DIVIDE PARTICIPANTS INTO SMALL GROUPS AND ROTATE THEM THROUGH THE STATIONS EVERY 5-7 MINUTES.
- AT EACH STATION, ASK THEM TO FOCUS ON THE SENSORY EXPERIENCE AND NOTE ANY CHANGES IN THEIR MOOD OR TENSION LEVELS.
- PROVIDE SIMPLE PROMPTS LIKE "WHAT DOES THIS TEXTURE REMIND YOU OF?" OR "HOW DOES THIS SCENT MAKE YOU FEEL?"

### 1. MOVEMENT BREAK (15 MIN) - "RHYTHMIC FLOW"

SETUP: CLEAR SOME SPACE FOR MOVEMENT. PLAY UPBEAT BUT NON-DISTRACTING MUSIC.

PROCESS:

- LEAD PARTICIPANTS IN LIGHT STRETCHING OR SIMPLE DANCE MOVEMENTS.
- USE A RHYTHMIC COUNT (E.G., "1-2-3-4") AND ENCOURAGE EVERYONE TO MOVE FREELY IN A WAY THAT FEELS GOOD FOR THEIR BODY.
- STRESS THAT THE FOCUS IS ON FUN AND ENERGY RELEASE, NOT ON PERFECT MOVEMENTS.

### 1. GROUP DISCUSSION (15 MIN) - "SHARING THE CALM"

SETUP: BRING THE GROUP BACK TOGETHER IN A CIRCLE.

PROCESS:

- FACILITATE A DISCUSSION BY ASKING OPEN-ENDED QUESTIONS SUCH AS "WHICH SENSORY STATION IMPACTED YOU THE MOST?" OR "HOW DID THE MEDITATION CHANGE YOUR PERSPECTIVE FOR A FEW MINUTES?"
- ENCOURAGE RESPECTFUL LISTENING AND VALIDATE EACH CONTRIBUTION.

### 1. REFLECTION (15 MIN) - "MINDFUL MOMENTS JOURNAL"

SETUP: PROVIDE JOURNALS OR PLAIN PAPER AND PENS.

PROCESS:

- ASK PARTICIPANTS TO WRITE DOWN ONE MINDFULNESS TECHNIQUE THEY FOUND MOST BENEFICIAL AND HOW THEY PLAN TO USE IT IN DAILY LIFE.
- OPTIONAL, INVITE A FEW PARTICIPANTS TO SHARE THEIR REFLECTIONS WITH THE GROUP.
- SUMMARIZE KEY POINTS AND THANK EVERYONE FOR THEIR PRESENCE AND PARTICIPATION.

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## DEBRIEFING AND EVALUATION:

FACILITATORS LEAD A BRIEF DISCUSSION ON WHICH TECHNIQUES RESONATED MOST AND HOW THEY CAN BE APPLIED IN DAILY LIFE.

FACILITATORS CAN ALSO ASK THE FOLLOWING QUESTIONS TO HELP PARTICIPANTS SHARE THEIR EXPERIENCES MORE EASILY.

- “WHAT WAS THE MOST MEANINGFUL MOMENT FOR YOU DURING TODAY’ S WORKSHOP?” “HOW DID TODAY’ S WORKSHOP MEET YOUR EXPECTATIONS, AND IN WHAT WAYS COULD IT BE EVEN MORE BENEFICIAL?”
- “DO YOU HAVE ANY ADDITIONAL COMMENTS OR FEEDBACK THAT COULD HELP IMPROVE FUTURE WORKSHOPS?”

ADDITIONALLY, PARTICIPANTS CAN FILL OUT A SHORT FEEDBACK FORM AT THE END OF THE WORKSHOP.

## TIPS FOR FACILITATOR

- KEEP INSTRUCTIONS CLEAR AND PACE THE SESSION SLOWLY.
- USE GENTLE HUMOR TO EASE ANY INITIAL AWKWARDNESS ABOUT TRYING MINDFULNESS EXERCISES.

## FOLLOW UP

- ESTABLISH A WEEKLY “MINDFUL MINUTE” CHALLENGE WHERE PARTICIPANTS PRACTICE A CHOSEN TECHNIQUE.
- CREATE A DIGITAL RESOURCE HUB WITH RECORDED MEDITATIONS AND MINDFULNESS EXERCISES.