

# Meditation Made Simple

## Lesson 6 - Mindfulness

**Here's our first attempt at meditation! For this session, we're going to dip our feet into the sea of mindfulness.**

**Instructions, pick a type of mindfulness from the list, and set a timer for 2-10 minutes. Then do that type of mindfulness for the entire timer length.**

- **Pay attention to physical senses.**
- **Pay attention to thoughts that come in and out.**
- **Pay attention to body.**
- **Observe emotions and state.**
- **Observe your stream of**

**Afterwards, use the area below to jot down any thoughts and/or observations.**