

17 Virtual Mindfulness Activities

Whether you're teaching mindfulness to groups or students, or simply want to bring more mindfulness into your regular meetings on Zoom, these tips will help.

1. Set an intention

Set the energy for the meeting as a whole, or invite each participant to set their own.

2. Yawn and stretch

One of the easiest ways to bring yourself back to your body (especially in the morning).

3. Release distractions

Let go of any mental clutter or challenges you're bringing with you into the meeting.

4. Mindful background

Set a mindful Zoom background as a way to set the mood for a mindful meeting.

5. Ambient music

Ambient music is another way to set a relaxing mood (especially during breaks).

6. Simply listen

Allow your participants to simply pay attention to whatever they hear in their environment.

7. Belly breathing

Take a deep breath for 5 seconds, hold for 5 seconds, and release. Repeat.

8. Nostril breathing

Alternate nostril breathing is an easy way to become aware of your breathing.

9. Sensory experience

Perfect for kids and adults alike. Have participants interact with their environment.

10. Stand up

Stand up and move around a bit. Get in tune with your body. Perfect for breaks.

11. Finger tapping

A grounding exercise. Tap one finger to your thumb and breathe. Repeat with other fingers.

12. Read something

Read a short mindfulness quote or passage to set the tone or create inspiration.

13. Go barefoot

What's more mindful than walking around barefoot and simply noticing what it feels like?

14. Group meditation

Meditate as a group. Consider using a guided recording to make this easier.

15. Loving kindness

Loving kindness meditation helps people feel warmth towards themselves and others.

16. Self-compassion

We all need moments of self-compassion. Let your meeting be a reminder.

17. Gratitude

The perfect way to close your meeting. Send participants out into the world gratefully.