31 Mindfulness Activities for Teens

1. Meditate before studying
2. Add mindfulness into your social feeds
3. Get into a state of flow
4. Learn from your dog
5. Treat your mind like a laboratory
6. Try mindful eating
7. Meditate as soon as you wake up
8. Try 4–7–8 breathing
9. Listen to music mindfully
31 Mindfulness Activities for Teens

10. Learn a new language
11. Practice box breathing
12. Try the STOP method
13. Turn dull moments into mindfulness exercises
14. Do a mental reset when you enter a new room
15. Take a break from multitasking
16. Yawn and stretch
17. Practice alternate nostril breathing
18. Go barefoot
31 Mindfulness Activities for Teens

19. Read a mindfulness book
20. Practice movement meditation
21. Start a mindfulness journal

22. Make a gratitude list
23. Stop overthinking
24. Dream bigger

25. Identify your emotions
26. Meditate with your eyes open
27. Wash your hands mindfully
31 Mindfulness Activities for Teens

28. Be self-compassionate
29. Try the raisin mindfulness meditation
30. Stop reading the news

31. Notice what’s in your circle of control