

# 31 Mindfulness Activities for Teens

1



2



3



**Meditate before studying** **Add mindfulness into your social feeds**

**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**

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# 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



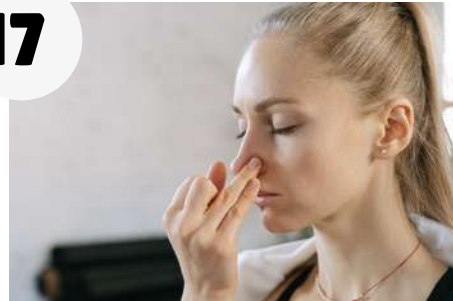
**Take a break from multitasking**

16



**Yawn and stretch**

17



**Practice alternate nostril breathing**

18



**Go barefoot**

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# 31 Mindfulness Activities for Teens

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**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**

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# 31 Mindfulness Activities for Teens

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**Be self-compassionate**

29



**Try the raisin  
mindfulness meditation**

30



**Stop reading the news**

31



**Notice what's in your  
circle of control**

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