



The Mind Garden
bloom where you're planted

BODY SCAN MEDITATION

GUIDED BODY *appreciation*

- 1** Visualize Your Head & Face: Close your eyes. Imagine a warm, golden light surrounding your head. What feature do you love about your face? List it.

Light blue rounded rectangular writing area for step 1.

- 2** Feel Your Neck and Shoulders: Move your focus to your neck and shoulders. Envision a soothing light embracing them. What strength do they offer? Write it down.

Light blue rounded rectangular writing area for step 2.

- 3** Embrace Your Arms and Hands: Bring awareness to your arms and hands. Feel their warmth and energy. Think of a recent helpful action. Note it.

Light blue rounded rectangular writing area for step 3.

- 4** Acknowledge Your Torso and Back: Visualize a comforting light around your torso and back. Reflect on a challenge overcome. Draw a symbol for your strength.

Light blue rounded rectangular writing area for step 4.

- 5** Connect with Your Hips and Legs: Focus on your hips and legs. Feel them grounded and strong. What activity brings you joy? Sketch it and add a few words.

Light blue rounded rectangular writing area for step 5.

- 6** Honor Your Feet: Imagine your feet firmly on the ground. Think of a meaningful journey. Draw it.

Light blue rounded rectangular writing area for step 6.

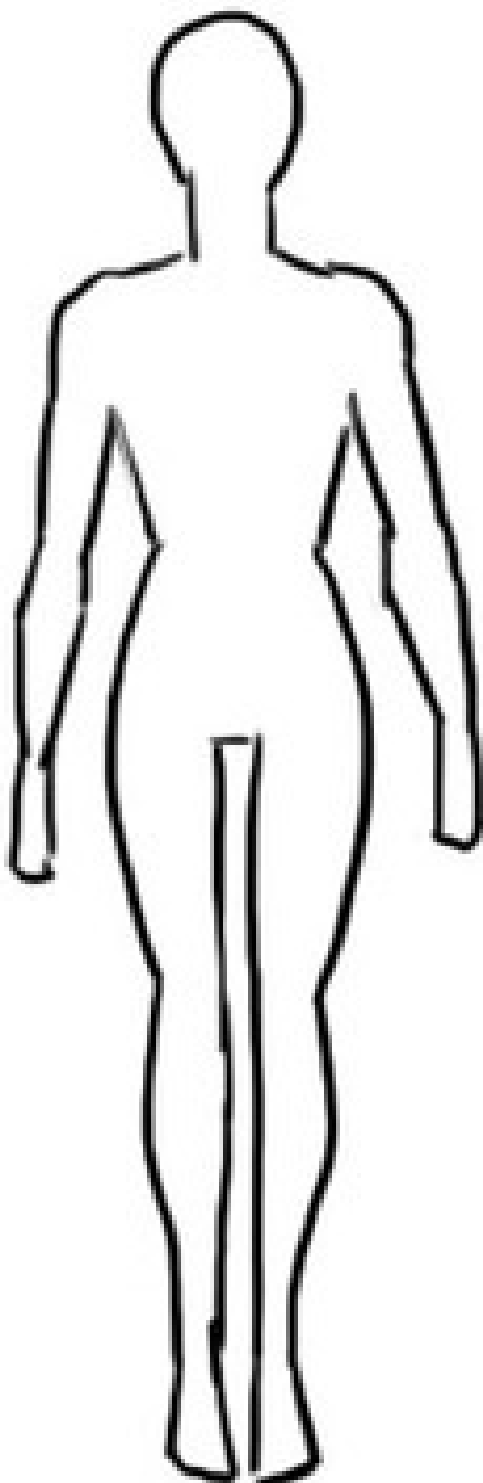


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EMOTIONAL

body mapping

From the last activity, identify areas where you felt different emotions (stress, relaxation, joy). Use colors or symbols to mark these areas on a body outline. Reflect on why certain emotions manifest in specific body parts.





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EXPLORE

via movement

Step 1

Play Your Favorite Song:

Choose a song you love and press play.



Step 2

Feel the Beat:

Close your eyes and let the music move you. Feel the rhythm in your body.



Step 4

Notice Sensations:

Pay attention to how different movements feel. Is there tension? Relaxation?



Step 3

Express Yourself:

Dance freely. Let your body respond naturally to the music.

After the dance, sit quietly. Reflect on the sensations and emotions the movement brought. Write them down here.