

# Mindfulness

High School Activity Booklet



**Unplugged**

[www.live-unplugged.com](http://www.live-unplugged.com)

## A message from **Unplugged**

Hi! To be honest, I am obsessed with my phone. Sometimes I find myself scrolling for hours on end. However, after learning about and experiencing the negative impacts of cell phones on teenage brains and their link to increased mental illnesses such as depression, anxiety, low self-esteem, and more, I decided to do something about it.

I launched Unplugged to provide fun and engaging activity booklets for high school students looking for an alternative to their devices, like I was. Through challenges, journal prompts, and activities, I hope to inspire students to put down their phones and enjoy the world around them. All of the activities I included within the Unplugged booklets are rooted in positive psychology and are designed to promote curiosity, gratitude, bravery, and creativity.

With Unplugged, I aim to help improve teenagers' mental health and well-being, acknowledging that excessive phone usage can create a dependency that makes it hard to connect with others and focus on tasks, which can make you feel alone. By providing students with the tools to engage with the world more meaningfully, I hope to encourage positive growth within young people like me, enabling them to build healthier relationships with others and—most importantly—within themselves.



# Why Mindfulness?

## MINDFULNESS

/mind·ful·ness / • noun

A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

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Mindfulness is an extremely valuable tool that can improve focus, decision-making, and overall well-being. It can help us manage our stress and anxiety and feel grounded in the present. Mindfulness allows us to experience life as it truly happens.



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# Mindfulness Challenge

*To be mindful is to be in the moment. Complete these challenges and then write a reflection—it could be bullet points, a poem, or a short story—whatever helps you put what you've experienced on the page.*

**Lay on the grass outside for 30 minutes without your phone or music. Pay attention to what's around you.**

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**Spend 5 minutes in silence without any disturbances, just being present and aware of your surroundings.**

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**Take a 10-minute walk. What did you hear, see, and smell?**

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**Digital Detox: spend a whole day without technology. Focus on staying in the moment!**

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# Mindfulness Quotes

*"Our life is shaped  
by our mind, for  
we become what  
we think."*

— Buddha

*"Be happy in the  
moment. That is enough."*

— Mother Teresa

*"Mindfulness isn't  
difficult. We just  
need to remember  
to do it."*

— Sharon Salzberg

# Mindfulness Habit

*Meditation is an amazing way to get your mind off the outside world's stressors!*

*Every day for 20 days, meditate for 5 minutes. Sit in a comfortable position with your eyes closed. Inhale deeply for 4 seconds, and then exhale for 4 seconds. If your mind starts to drift, return your thoughts to your breath count.*

*After each meditation, write down one word on how it made you feel!*

Day 1. \_\_\_\_\_

Day 2. \_\_\_\_\_

Day 3. \_\_\_\_\_

Day 4. \_\_\_\_\_

Day 5. \_\_\_\_\_

Day 6. \_\_\_\_\_

Day 7. \_\_\_\_\_

Day 8. \_\_\_\_\_

Day 9. \_\_\_\_\_

Day 10. \_\_\_\_\_

Day 11. \_\_\_\_\_

Day 12. \_\_\_\_\_

Day 13. \_\_\_\_\_

Day 14. \_\_\_\_\_

Day 15. \_\_\_\_\_

Day 16. \_\_\_\_\_

Day 17. \_\_\_\_\_

Day 18. \_\_\_\_\_

Day 19. \_\_\_\_\_

Day 20. \_\_\_\_\_

# Mindfulness Resources

PODCAST

**"Daily Mindfulness"**  
- Jenny Clifton

BOOK

**"Practicing Mindfulness"**  
- Matthew Sockolov

PRACTICE

**"Just Sit: A Meditation Guidebook for People  
Who Know They Should But Don't"**  
- Sukey & Elizabeth Novogratz





# Mindfulness Focus

*The Sound Game: Listen to the world around you. Identify and write down eight sounds you hear, either from inside your body, in the room, or somewhere in the distance to help you be more mindful of your surroundings.*

1.

2.

3.

4.

5.

6.

7.

8.

*For an extra challenge, repeat the activity with what you feel, see, and smell.*



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