

1. **Mindfulness Story:** Someone in the group initiates an opening line on a piece of paper and then passes the paper to the next group member. That group member reads the existing storyline to him or herself, and then has 1 minute to write an addition to the story before passing it on to the next group member, who then repeats the process until each group member has had a chance to participate. After the last group member has finished, that person or the group leader will then read the final story product. It is often very amusing. The opening line can be anything, but may read something like "After I got home from school today, the craziest thing happened. I opened the door to my bedroom and..." or "Just when I thought I was going to go crazy with boredom, I decided to..." or "I knew this was a good idea, taking a long vacation. I wonder where I will go..." or for younger children "I am thinking of something sweet to eat. Maybe I will eat..." This mindfulness exercise can also be done verbally with younger children.

2. **Transformation:** Each member is given an everyday object (examples: serving spoon, golf club, etc.); next they are asked to think creatively about the object they have received and are encouraged to be mindful of what other everyday use the object could be transformed into. Then they show and tell the group how they have transformed the object.

3. **Rhythm Game:** One member starts with a rhythm (clapping hands); then the next member claps their hands and adds an additional rhythm; this rhythm game continues through the entire group; starting over if someone forgets a rhythm.

4. **Name Game:** Group leader or other individual offers up a name, and each group member takes a turn coming up with a name that starts with the last letter of the name previously mentioned. This works for many categories, such as favorite musician/band, cities, cars, clothing brands, or even food!

5. **Making the sound of a Rain Storm:** The facilitator of the group starts by rubbing their hands together and each person follows copying the sound of the person next to them; once everyone is rubbing their hands and the sound returns to the facilitator, similar to a wave, the facilitator starts snapping their fingers and this motion goes around in a wave motion (people continue rubbing their hands together until the snapping motion reaches them); next the facilitator starts the same process by patting their legs again going around in a wave motion; then the facilitator stomps their feet in the same wave motion, following the process described above; next the facilitator pats her legs when the sound returns to them; then snaps their fingers