



## Mindfulness Beads

Using beads to help with  
noticing your surroundings

Make a bracelet, necklace, keychain  
using a variety of different beads.

Different beads require you to do or  
notice different things

Use the same bead a few times over

**Different types or coloured beads mean you need to:**

Take a slow breath (in your nose like you are smelling  
something you like, out your mouth like you are blowing  
a dandelion)

Notice something you see (may be the same colour as  
the bead)

Notice something you hear

Notice something you feel

Stretch