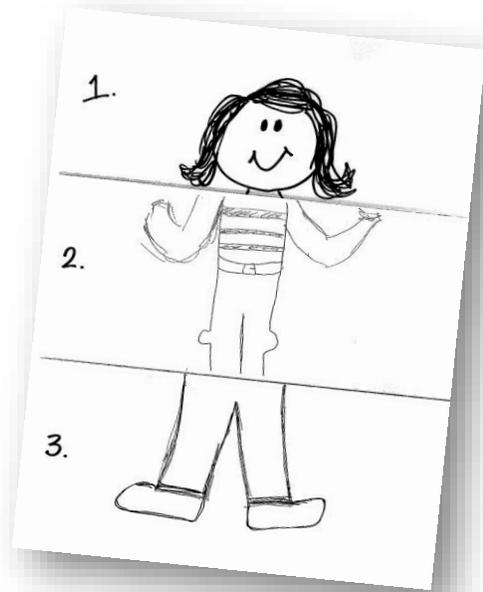


MINDFULNESS PRACTICE #3

Title: Build-a-Body

Skills: Participating
Non-judgement

1. Participants will each need a blank piece of paper and a pen/pencil.
2. Have participants fold their own paper in thirds, as though they were going to fit it into a legal-sized envelope.
3. Next, have them number each of the panels: 1, 2, 3.
4. Once everyone has their paper folded and labeled, describe the practice. Something like:



- *Have the #1 panel open in front of you, and fold the rest of the paper underneath it.*
 - *We are going to draw a picture of a body in 3 parts.*
 - *The first time I ring the bell, you will have about 90 seconds to draw the head of your figure.*
 - *After that, I'll ring the bell again, and ask you to hide the head, expose the middle (#2) section, and pass it to the person next to you.*
 - *You will then have another 90 seconds to draw the middle of the figure that has just been passed to you. NO PEEKING!*
 - *After another 90 seconds, I'll ring the bell again, and you will fold the paper so that the head and middle are covered, exposing the bottom (#3) panel, and pass it along. You will then have 90 seconds to draw the bottom of the figure on the paper you got from the person next to you.*
5. For each of the segments, ring the bell and instruct people to hide and pass their drawings. The idea is that no one knows what drawing they're contributing to.
 6. After everyone has done their 3 drawings, have everyone unfold them and share their drawings.
 7. Debrief as usual, perhaps considering some of the following: What did you notice during that practice? Did anyone notice judgments? What happened to your level of participation if you had judgmental thoughts?