

## MINDFULNESS PRACTICE #1

Title: Shoe Mindfulness

Skills: Uses observe then describe mindfulness skills



1. Have participants divide into dyads.
2. Have participants stand.
3. After the bell rings, participants *observe* their partner's shoes. This is done silently because observe is wordless.
4. After 60 seconds, the leader rings the bell once and prompts participants:

*"One participant in each dyad begin to describe your partner's shoes."*

5. Using the **describe skill**, describe each other's shoes. Use only words that can be observed. No preferences, evaluations or non-specific terms.

For example:

*"Your shoes are black patent leather. The heels are 1.5" high. There is a strap from the right side of the shoe across the top of the foot to the left side of the shoe. The strap is secured by a brass button."*

6. If the describer uses a non-specific, preferential or judgmental term, the shoe owner says:

*"What makes you say that?"* prompting the describer to be more specific.

For example:

The describer says: *"Your shoes are cute"*, *"The leather is smooth"*, or *"The heels are high"*.

The Shoe owner says *"What makes you say that?"*

and the describer says, *"The leather reflects light. There are no bumps in the leather,"* etc.

7. After the shoes are described, the roles switch and the shoe owner becomes the describer.