



**South London Scouts**

# Being mindful

**ACTIVITY: Think about being mindful**



- ✿ 20 1p coins (Or 20 of any coin as long as they are all the same value)
- ✿ A glass, cup or bowl

**A**

Collect 20 pennies (or 20 of any coin as long as they are all the same value)

**B**

Spread the coins out on the table and pick one coin

**C**

Take one minute to study it, focusing on the details

**D**

Put all the pennies in a glass, cup or bowl

**E**

Shake them about a bit

**F**

Now find your penny

**G**

Once you have found it, think about how you knew it was the penny you originally picked