

50 Days of Noticing

Mindfulness is the practice of noticing the present moment. When we notice our breath, or the sounds around us, or the activities in which we are engaged, we can become more aware of God's presence. This exercise gives mini mindfulness assignments. There is one for each day. At the beginning of the day, take a look at what the noticing assignment is for the day. At dinner time, or before bed, discuss what noticed during the day.

Use the check boxes on the side of each day to keep track of your days.

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|--------------------------|--|--------------------------|---|
| <input type="checkbox"/> | Notice a time when you feel very calm or quiet.. | <input type="checkbox"/> | Notice the temperature of the air outside and inside. |
| <input type="checkbox"/> | Notice a time when it is very loud. | <input type="checkbox"/> | Notice if you feel busy today, or relaxed. |
| <input type="checkbox"/> | Notice an interesting noise. | <input type="checkbox"/> | Notice something that smells wonderful. |
| <input type="checkbox"/> | Notice a time when you feel grateful. | <input type="checkbox"/> | Notice when you need help. |
| <input type="checkbox"/> | Notice a time when you saw someone do something kind | <input type="checkbox"/> | Notice something broken. |
| <input type="checkbox"/> | Notice a time when you looked into someone's eyes | <input type="checkbox"/> | Notice someone who is very young. |
| <input type="checkbox"/> | Notice some interesting shadows | <input type="checkbox"/> | Notice something unexpected. |
| <input type="checkbox"/> | Notice a small living thing, like a bug | <input type="checkbox"/> | Notice a piece of artwork. |
| <input type="checkbox"/> | Notice an unusual color | <input type="checkbox"/> | Notice something slippery. |
| <input type="checkbox"/> | Notice the sky. Is it very cloudy? Is it grey? | <input type="checkbox"/> | Notice when you are by yourself. |
| <input type="checkbox"/> | Notice a time when it is absolutely silent. | <input type="checkbox"/> | Notice something bright. |
| <input type="checkbox"/> | Notice someone who looks like they could use a smile | <input type="checkbox"/> | Notice something orange. |
| <input type="checkbox"/> | Notice a time when you touch cold water. | <input type="checkbox"/> | Notice a pleasant sound. |
| <input type="checkbox"/> | Notice how delicious your lunch tastes. | <input type="checkbox"/> | Notice someone who seems very happy. |
| <input type="checkbox"/> | Notice something beautiful. | <input type="checkbox"/> | Notice something funny. |
| <input type="checkbox"/> | Notice when you hear laughter. | <input type="checkbox"/> | Notice when you feel useful. |
| <input type="checkbox"/> | Notice something blue. | <input type="checkbox"/> | Notice a hug or handshake. |
| <input type="checkbox"/> | Notice something that sparkles. | <input type="checkbox"/> | Notice a bird. |
| <input type="checkbox"/> | Notice something unusual. | <input type="checkbox"/> | Notice someone who is very old. |
| <input type="checkbox"/> | Notice someone who needs help. | <input type="checkbox"/> | Notice how your breath feels in your nostrils. |
| <input type="checkbox"/> | Notice when you feel God at work. | <input type="checkbox"/> | Notice the grass outside. |
| <input type="checkbox"/> | Notice when you feel sleepy. | <input type="checkbox"/> | Notice something dark. |
| <input type="checkbox"/> | Notice when you are full of energy. | <input type="checkbox"/> | Notice something joyful. |
| <input type="checkbox"/> | Notice the sound your shoes make when you walk. | <input type="checkbox"/> | Notice something serious. |
| <input type="checkbox"/> | Notice when you touch something cold or warm. | <input type="checkbox"/> | Notice when you feel very loved. |

For more family faith practices, see *Seamless Faith: Simple Practices for Daily Family Life* by Traci Smith (Chalice Press: 2014). © Traci Smith 2015. All Rights Reserved.