

Mindful Finger Maze

Use this finger maze to practice putting all of your attention into one activity. Place your pointer finger of your non-writing hand at the entrance of the maze. Take a deep breath. Breathe slowly in and out as you trace your finger to the center of the maze. Once you reach the center, take another deep breath, noticing your feelings in the moment. Remember, if you notice your mind drifting, simply bring your attention back to the maze without judging yourself.

