



Monkey Mind

Mindful Breathing
to Settle the Mind


Mindful Breaks

Short Practices for
Young Hearts & Minds

Observe your Monkey Mind

The mind has sometimes been compared to a monkey. Just like a monkey swings from branch to branch, our minds can sometimes swing or jump from thought to thought. When your mind is buzzing with activity like that, see if you can step back and observe it like a scientist observing the activity of a monkey in the wild. Write down the thoughts and observe how they lead from one to the next.

Practice: Mindful Breathing

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1. **Settle your body** into a comfortable, upright seated posture.
 2. **Feel your feet** on the floor, sensing them from the inside.
 3. **Tune into your breathing** – feeling the breath as it enters the nose and fills the belly like a balloon. Hold it briefly, and then slowly let it release. Follow each in- and out-breath in this way.
 4. When monkey-mind thoughts carry you away, don't be upset. That's what minds (and monkeys) do! Simply swing back to **catch the next breath!**

Fun Fact: Snow Globe

Did you know the snow globe was invented in Vienna, Austria in 1900? Erwin Perzy, a manufacturer of surgical devices, was experimenting with ways to make a brighter surgical lamp. He tried shining it through a glass globe filled with water and white grains, when the result reminded him of a winter snowfall. The monkey snow globe in the video was made at the Original Viennese Snow Globe Factory, now run by Perzy's grandson.

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