

# doing homework or taking a test mindfully 15

You can bring mindful presence to anything you do, including homework and tests.

## Mindful Homework or Test Taking Practice

Follow these steps to help you center yourself *before* you begin your homework or start to take a test. If you find yourself getting tense or stressed while in the middle of your work, you can repeat this process at any time.

1. Get into a comfortable sitting position.
2. Place your hands in your lap or on your desk.
3. Open your ears to the sounds you notice, and allow yourself to be in the room right here, right now.
4. Pay attention to your breath without changing it in any way if you can. If you can't, just notice that too.
5. Notice how your stomach gently rises on the in-breath and falls on the out-breath.
6. Notice how your body feels from the tips of your toes to the top of your head—quickly scanning your body.
7. If you feel nervous or anxious (or have any other feelings that aren't productive or helpful), take one deep intentional breath. As you slowly release this breath, imagine that you are gently breathing out these feelings.
8. Take your next breath, and picture ease and peace coming in.
9. Imagine yourself doing your homework assignment or taking your test with ease.
10. Imagine yourself gently putting down your pen or pencil or lifting your hands from the keyboard, and when you are done, acknowledge putting forth the effort to do your best and complete the task.

**You are now ready to begin (or return to) your homework assignment or test. If you feel uncomfortable or stuck while you're working, remember that you can take another breath at any time or even repeat the whole process.**

activity 15 \* doing homework or taking a test mindfully

mindful takeaway Negative thoughts about how you are going to do on your homework or test can often impact how you actually do. When you notice yourself having negative thoughts, remember to notice your breath, focus on your body, and start on your task again. Referring back to the dropping-in mindfulness practice can also help.

## something more

Once you have had the opportunity to try this exercise, explain how taking a test or doing your homework mindfully was different.

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Consider the space in which you do your homework. A well organized, comfortable space can really help. Are there any changes you can make to the areas where you work? Write your ideas here.

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