

## *Drinking Water - Exercise 3*

Take a glass of water. Sip it mindfully. Take a moment to look at the glass as you slow your breathing down and become aware of your breath.

Let go of any thoughts in your mind as you see the glass, see the water.

Breathe in and appreciate the clearness of the water. Breathe out and feel whatever stress or tension you may have, flow out with it. Feel the temperature of the water through the glass. Feel yourself smile at the calm it creates.

Take your time and think of the water as a doorway into your day. Smile into it as you sip and feel that smile opening up into your heart. Do not drink it all at once, but give yourself time to stop and breathe between sips. Feel the coolness each time as it moves down your throat and into your belly.

When you are done, gently place the empty glass down and continue to breathe in and out, down and up. Take your glass over to your sink and wash it out, breathing in and out to yourself as you wipe it dry for the next use.

Drinking a glass of water mindfully will help to ensure that you are drinking enough water throughout your day. And in time, it will help you turn every glass of water, whether drunk at your school, home or at a restaurant, into a reminder to slow down and appreciate that moment for what it is.