

Mindfulness Exercise Script

Three short secular exercises — the three-minute breathing space, five senses, and a one-minute reset — usable in a classroom, a team meeting, or between tasks.

8 min · 4 segments

Three separate exercises, eight minutes end to end. Record them as one file or as three — each stands on its own, which is the point if you're using these with a class or a team.

BEFORE YOU RECORD

- Normal speaking voice throughout — no meditation register. Half the audience is at a desk or in front of a class.
- Brisk on the five senses exercise. It works because it's a task, not a reverie.
- Consider recording the three exercises as separate files as well as one — teachers and facilitators will want them individually.

01. Before you start

45 sec

[normal speaking voice, no meditation register — half your listeners are in a meeting room]

Three short exercises. Nothing spiritual, nothing you need to believe in, and nothing that requires you to sit in any particular way. They work in a classroom, at a desk, or standing in a corridor between two things.

You can keep your eyes open for all three. Nobody has to know you're doing it. *[pause for 5 seconds]*

02. One — the three-minute breathing space

3 min

[three distinct minutes: wide, then narrow, then wide again — mark the transitions clearly]

The first exercise has three parts, one minute each. It goes wide, then narrow, then wide again — like an hourglass.

Minute one. What's here? Ask yourself what's actually going on right now. What thoughts are running. What mood you're in — name it in one word if you can. What the body feels like. You're not fixing any of it, just taking an inventory. *[pause for 50 seconds]*

Minute two. Narrow it down. Put all of that attention onto the breath alone — one place, wherever you feel it most clearly. When the mind wanders off, and it will, bring it back. That's the whole minute. *[pause for 50 seconds]*

Minute three. Widen back out. Keep the breath, but let the awareness open to include the whole body sitting or standing here — posture, expression, the feet on the floor. *[pause for 50 seconds]*

That's the breathing space. Three minutes, any time you need to interrupt a spiral.

03. Two — five senses

2 min 30

[brisk — this one works because it's a task, not a reverie; don't slow it down]

Second exercise. This one is a counting task, and it's useful when your head is somewhere else and you need to be in the room.

Eyes open for this. Find five things you can see. Actually find them, one at a time — don't just think the word. Look at each one properly before you move on. *[pause for 30 seconds]*

Now four things you can feel. The chair. Your feet in your shoes. A sleeve on your arm. The temperature of the air on your face. *[pause for 25 seconds]*

Three things you can hear. Take the far ones as well as the near ones. *[pause for 25 seconds]*

Two things you can smell. If there's nothing obvious, that counts — just check. *[pause for 20 seconds]*

And one thing you can taste. Tea, toothpaste, or just the inside of your own mouth. *[pause for 15 seconds]*

Five, four, three, two, one. That's the whole thing, and you can run it on your own in under a minute.

04. Three — the one-minute reset

1 min 45

[the shortest and the most used — make the instruction unmistakable so people can repeat it from memory]

Last one. This is for the gap between two things — after a call, before you open the next thing.

Take your hands off the keyboard. Put both feet flat on the floor. *[pause for 8 seconds]*

One breath in, and a longer breath out. *[pause for one full breath]*

Unclench your jaw. Drop your shoulders. Let your eyes go soft, or close them for a second. *[pause for 15 seconds]*

Now ask one question: what is the next thing, singular? Not the list. The next thing. *[pause for 15 seconds]*

That's it. Go and do that one.

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