

A Mindful Summer Bucket List

Read a book about mindfulness

Eat an entire meal in silence

Go for a silent walk (no music!)

Spend an afternoon coloring outside

Start a gratitude journal

Try a 45-minute meditation session

Take a 24-hour technology detox

Declare a Day of Kindness

Teach a mindfulness practice to your kids

Forgive someone for something

Practice mindful walking

Practice lovingkindness

Take a class and learn something new

Make a list of the things you love about yourself

Do a 30-minute body scan meditation

Declutter a few rooms in your house

Visit a local meditation center



Meditate outside

Watch a sunrise



Create a meditation space in your home

Create a calm down space for your kids