

# [Try these activities at home](#)

## **The body scan**



You will need to find somewhere comfortable to try this out, perhaps put a blanket on the floor, lie on the sofa or your bed.

As best you can try to place your attentional focus where requested and explore the sensations with curiosity - what does it actually feel like right now?

Each time your mind wanders, gently bring it back. Minds always wander - that's not a failure. Just try to continue to be kind and encouraging to yourself.

Try our guided meditation by clicking here [The Body Scan](#)

Try focusing on sounds by clicking here [Attention and Sounds](#)

Try the just sitting meditation by clicking here [Just sitting meditation](#)