



play attention



# Mindfully Watching Fireworks

Practice mindfulness in a new light







**p!ay attention**

## **Enjoy A Mindful Independence Day!**

You may think that your mindfulness practice should always be in a quiet, calm environment. However, it is important to remember that mindfulness can be incorporated in to your daily activities.

*Mindfulness simply means to be aware of your thoughts, feelings, bodily sensations, and surrounding environment.*

This 4th of July, take a moment to practice mindfulness while enjoying the fireworks show. Can you be mindful while surrounded by people, lots of excitement, and noise? If yes, you have just brought your mindfulness practice to a whole new level.

Here's how...





"As the fireworks are about to start, pay attention to your body and your breath. Notice how the sky looks before the show begins. What does that first explosion of light look like? How does it change the sky?"





**"Once the fireworks are underway, try to follow a single bead of light falling in the sky. Do you notice the first moment it appears? Can you catch the last moment as it fades away?"**





"Remember to feel  
your breathing from  
time to time. Is the  
rhythm of your  
breathing fast or slow?  
Is your inhalation deep  
or shallow?"



p!





"You might also notice thoughts and emotions that arise. Try not to judge them — just allow them to be there as part of your experience alongside the sights and sounds, coming and going as a natural phenomenon, like ocean waves or passing clouds.





"Now try widening your field of view to include the full display of dancing light. How is this different from following a single point, both in your visual experience and in your ability to focus? Do you prefer one over the other?"



"Continue to watch with a more expanded view or choose to go back to following individual sparks. Follow your experience closely — from the very first moment a new explosion of light appears, through all of the changes that take place as it rises, falls, fades and finally disappears completely.







**"Each burst of light is a delightful reminder of the ever-changing nature of our experience and is a new opportunity to practice mindfulness."**

*Resource: [NYTimes.com](https://www.nytimes.com)*





*As you finish your mindful fireworks watching, take a moment to reflect on the calmness and joy you've experienced. Imagine carrying this sense of presence and peace into your daily life. With Play Attention, you've already started enhancing your cognitive control and staying grounded in the present moment, just like tonight.*

*Remember, consistency is key. By staying committed to your Play Attention training, you continue to sharpen your focus, improve executive function, and embrace every moment with clarity and confidence. Keep up the great work and let's make each moment count! Together, we'll keep the fireworks of your mind ignited, illuminating the path to a more attentive and fulfilling life. Stay consistent, stay present, and let's celebrate your progress!*



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Additional Tips: If you are not in the United States celebrating 4th of July, use this practice at a time that fireworks are displayed. For example, Chinese New Year, Bastille Day in France, Guy Fawkes Night in the United Kingdom, and New Year's Eve Around the World!