

Learn mindfulness with the Bean Game

Mindfulness, or focusing on the moment, can help us to rest our minds and refresh our spirit. It also helps build the habit avoiding distractions to complete daily tasks efficiently. Often, when a task is unfamiliar, or time sensitive, it takes added focus to move forward and complete the job.

The Bean Game is a great way to help your employees focus on the task at hand and manage the additional stress of time sensitive projects by stepping back, breathing deeply, and focusing.

Here's what you'll need:

- A one-pound bag of dried black beans
- One large plastic bowl
- Two or more plastic cups
- Two or more sets of chopsticks
- A stop watch or watch with a second hand
- Small, healthy prizes for the winners (optional)

Here's how it works:

Pour the beans into the large bowl and place at the center of the table. Give each participant a pair of chopsticks and a plastic cup.

Explain to the participants that when, you say go, they will have 20 seconds to pick up as many beans as they can, one by one, using the chop sticks.

**Invest in your strongest asset -
your employees**

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Before you start, have participants close their eyes and take two deep breaths. Remind them to focus on just one thought with the transfer of each bean until they run out of thoughts. They should be focused on the task at hand, picking up each bean, and avoid rushing through the job.

Say go! After 20 seconds, the participant with the most beans in their cup wins. You can even have playoffs between winners of different rounds.