

MINDFULNESS AND ME

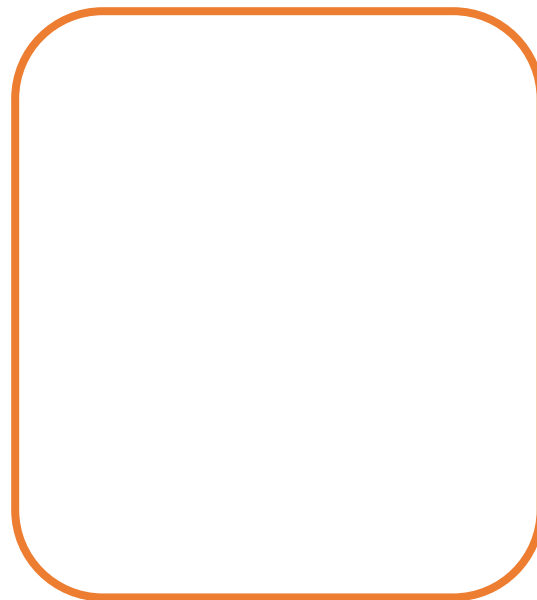
Let's focus on what is happening right now.
If you can, go outside or sit near to an open window.
Take 5 minutes to sit quietly. Observe your surroundings and listen carefully. Draw a picture of what you can see and complete the questions below.



Where are you?

Who are you with?

What can you see?



Is it busy or quiet?

What can you smell?

Can you taste anything?

What can you hear?

Describe your feelings in this moment.
