LET'S PRACTICE SOME MINDFULNESS!

Write down 5 things you see in this moment.

1.

2.

3.

4.

5.

Write down 4 things you hear.

1.

2.

3.

4.

Write down 3 things you feel.

1.

2.

3.

Write down 2 things you smell.
or enjoy smelling!

1.

2.

Write down 1 thing you taste.
or enjoy tasting!

1.

What are 5 things you are grateful for today?

_____

_____

_____

_____

_____

How does gratitude feel in the body? Where do you feel it?

