

Name \_\_\_\_\_

Date \_\_\_\_\_

mindfulness series

## THE PRESENT MOMENT

What does it mean to be present?

The word "present" can mean a gift, and it also describes what is happening right now, in the moment.

Sit quietly and pay attention to what is going on right now using your five senses.

Reflect on what you experience below.



1. Right now I see ...

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2. Right now I hear ...

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3. Right now I am touching ...

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4. Right now I smell ....

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5. Right now I feel ...

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