

Mindfulness

Mindfulness is -

What are the benefits of mindfulness? List your answers below.

How can mindfulness help me at school? List as many examples as you can come up with below.

_____	_____
_____	_____
_____	_____
_____	_____



BEING PRESENT



Online Learning Term 4 Week 1

This activity may be done inside or outside. Sit quietly and pay attention to what is going on around you right now. Use your 5 senses. If your mind wanders, slowly bring it back to the present. Reflect on what you experience below.

- Right now I see -

- Right now I hear -

- Right now I am touching -

- Right now I smell -

- Right now I feel -
