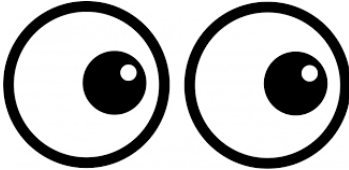

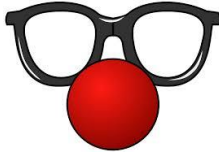



High Five!

Mindfulness is a practice of being in the present. Mindfulness can help our brains and body feel calm and in control. Practicing mindfulness can help us flex our feeling muscle while letting us acknowledge our feelings without judgement. Mindfulness helps us better understand ourselves and our emotions.

To practice mindfulness today, pick a favorite candy, treat, or drink. Take the time to name how your treat feels, smells, looks, sounds, and TASTES! Write or draw your answers below.

How does it Look? 	
How does it feel? 	
How does it smell? 	
How does it sound? 	
How does it taste? 