

What is Mindfulness?

Mindfulness is noticing what is going on around us and what is going on inside our _____ and our body.

What are two thoughts you are aware of right now?

1. _____

2. _____

Mindfulness can be applied to so many things, some of which you have already practiced, like Mindful Eating!

Food:

(Draw here)



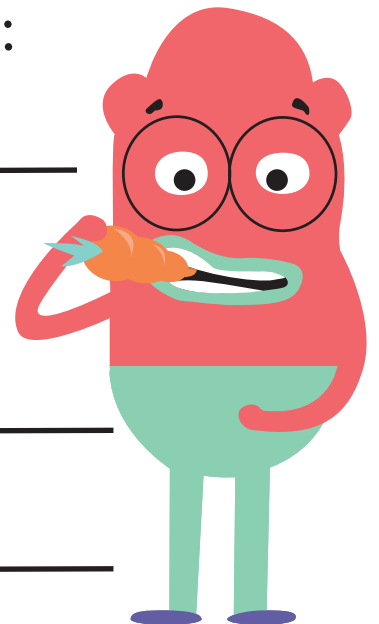
Describe what you noticed while eating:

Appearance: _____

Taste: _____

Texture: _____

Sound: _____



Accepting our emotions helps us to take some of the power out of them. Emotions can be very powerful things, but we can sit with them and accept them, when we act or make decision we can do so from a calmer place.

Try to remember these two images from the program, one is **being an emotion** and one is **sitting and accepting your emotions**. Do you remember which is which?

Which one is which?

1. _____ 2. _____



Now it's time to get creative!!! You have done this before, draw a thought or emotion bubble and write what you are feeling right now in it! This is also practicing **AWARENESS!**