**Mindfulness: 3-Minute Sensory Activity**

Name:

Grade:



***Mindfulness is a strategy that helps you just focus on the present instead of worry about the past or the future.***

Stop, close your eyes, and just breathe in and out for at least 3 minutes. No music, no phone or notifications, and no distractions!

**Pay attention to all your senses.**

**Then, jot down what you noticed:**

Things you can feel:

Things you can hear:

Things you can smell:

Things you can taste:

**Complete these sentences:**

* I thought this activity…
* When I finished, I felt…
* I can use this mindfulness exercise…