

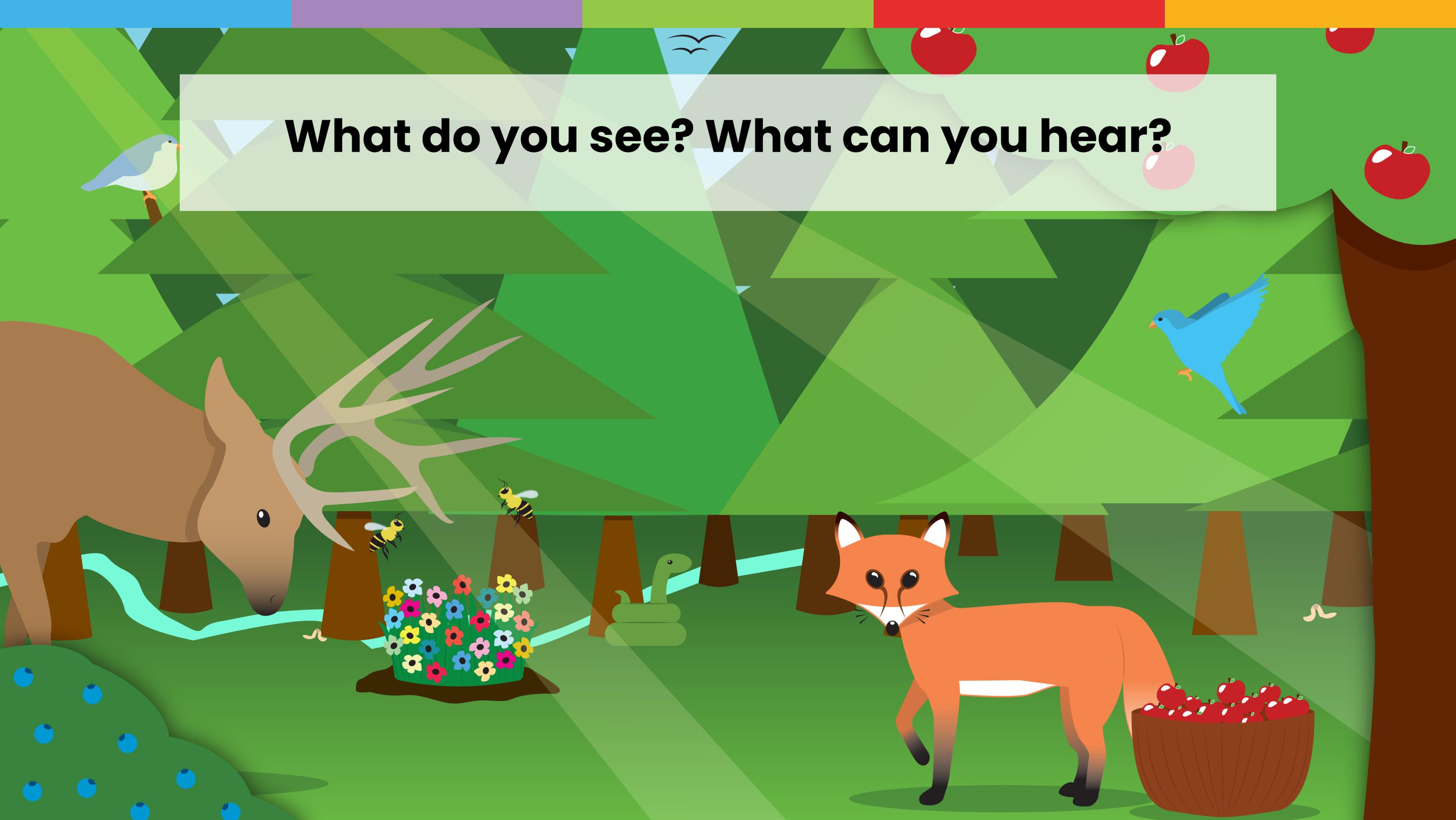
Using Your Senses to be Mindful



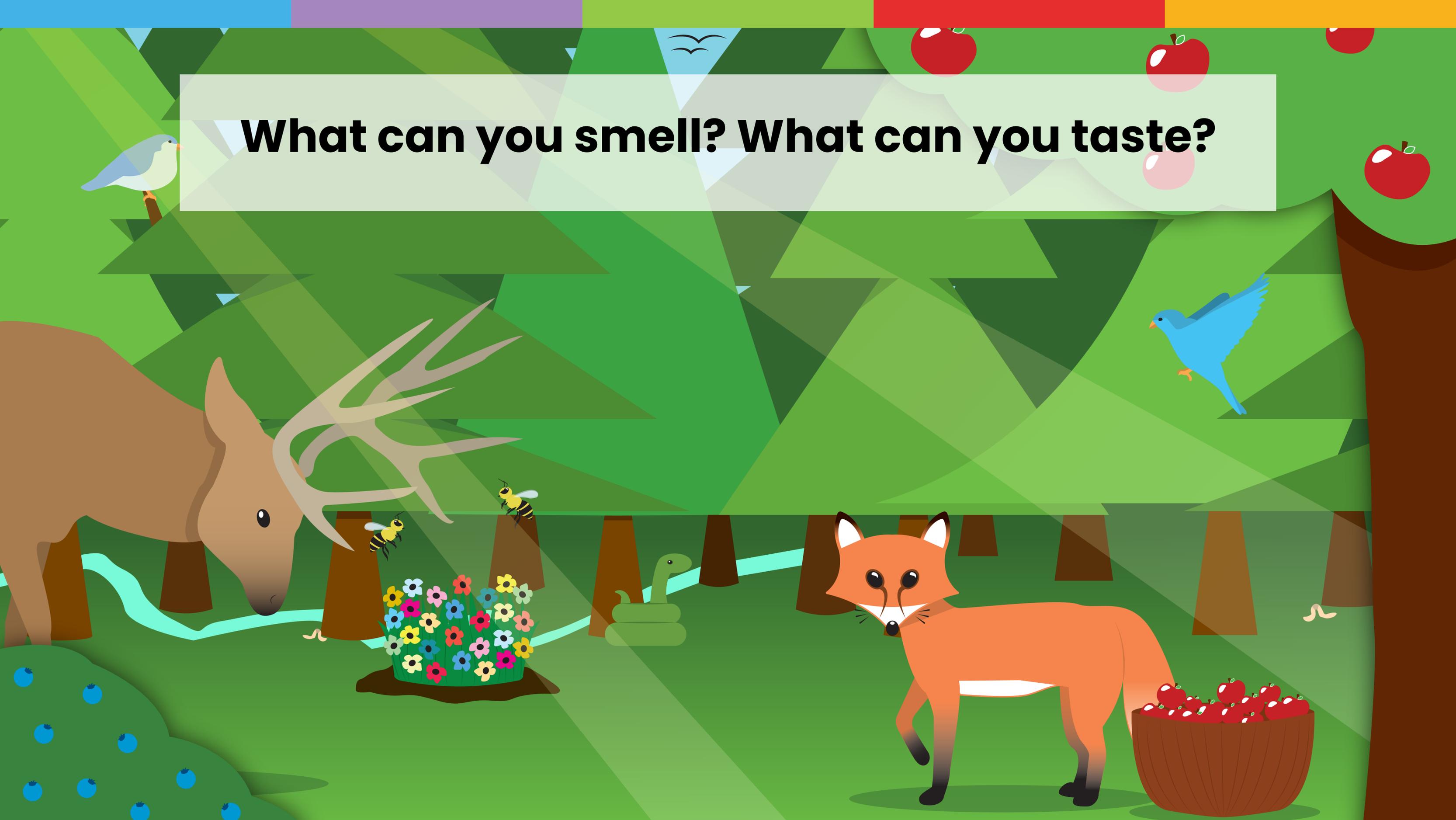
A vibrant, stylized forest scene. In the foreground, a brown deer with large antlers stands on the left, looking towards a small stream. A fox with orange fur and a white belly stands on the right, looking towards the deer. A green snake is coiled on the ground near a basket of colorful flowers. A blue bird is perched on a branch on the left, and another blue bird is flying in the sky. The background features green hills, a blue sky with birds, and a large tree on the right with red apples. The scene is set against a colorful, geometric background with shades of green, blue, and brown.

Sit very still and take a deep breath. Look carefully at this picture as you relax. Imagine you are in this forest.

What do you see? What can you hear?



What can you smell? What can you taste?



**What textures can you touch?
How do you feel right now?**



When you observed
the picture, you were
being **MINDFUL!**

What did your senses
tell you? How did you
feel after your mindful
moment?



HOW CAN YOU USE YOUR SENSES TO BE MINDFUL?

Sensory Scene

Challenge yourself to be mindful after school today!

Color in the image as you use your senses to relax and unwind.

Name _____

Sensory Scene

You are being mindful when you stop and use your senses.
Color in the image as you use your senses to relax.



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