



Our Minds and Senses

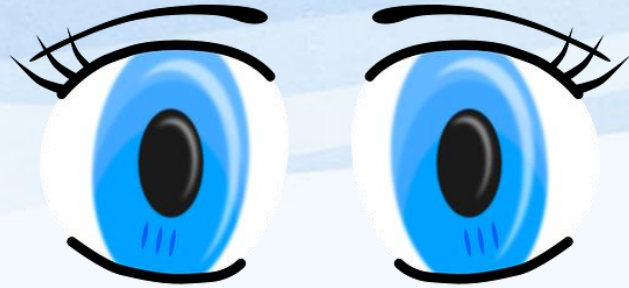
Day 1 of Awesomeness

Mindful Minute (Thinking)

- What can I see?
- What can I hear?
- What can I smell?
- What can I feel?
- What can I taste?



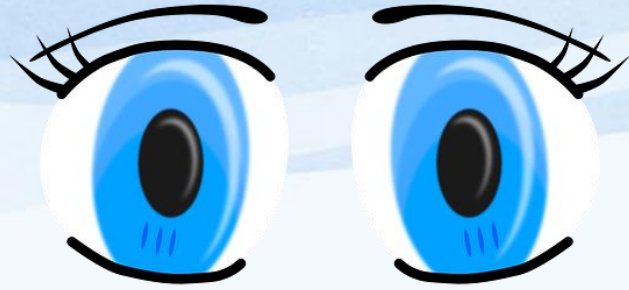
Seeing



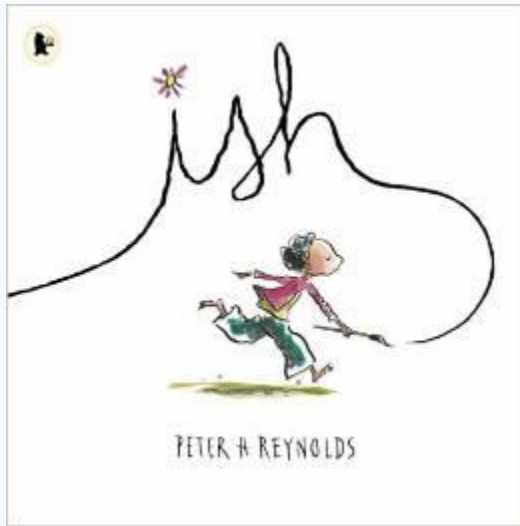
- Looking at negative things in a different way---Keeping our eyes on the positive
- Looking for beautiful things
- Watching things that are positive



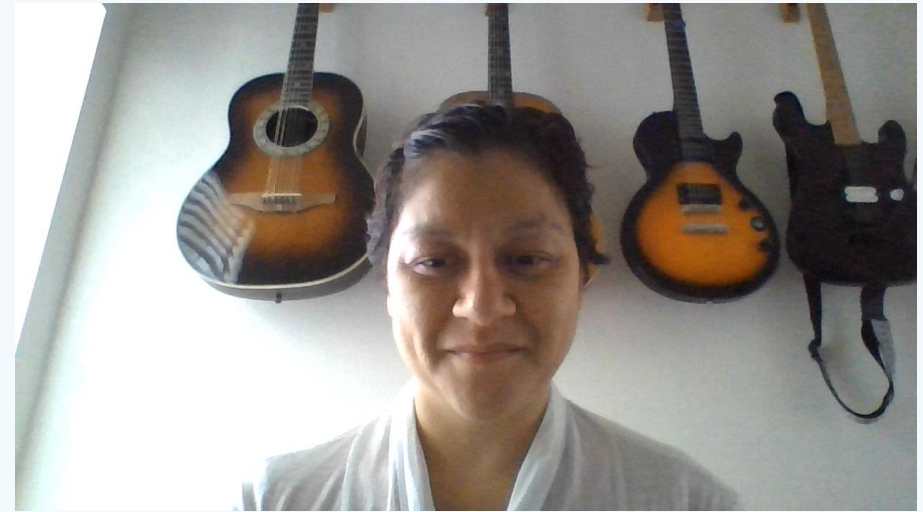
Seeing



- ISH by Peter Reynolds



In *Ish* we learn to look for the beautiful.



My goal for today....

Find something
beautiful to look at.
(Flowers, the sky,
animals, etc..)

Draw or color a
picture

Nature Scavenger
hunt

Watch a funny show

Look at family
pictures that make
me smile

Take a walk and
enjoy nature

