

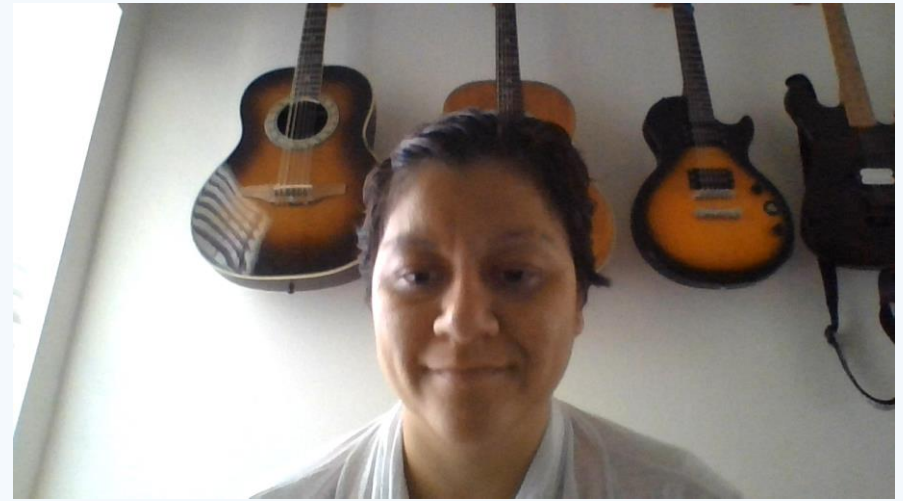
A stylized, colorful illustration of a landscape. The foreground features rolling green hills with dark brown soil. On the left, there is a green tree, a purple flower, and an orange flower. A small red bird is flying in the sky. The background consists of layered blue and white hills under a blue sky.

Our Minds and Senses

Day 2 of Awesomeness

Mindful Minute (Thinking)

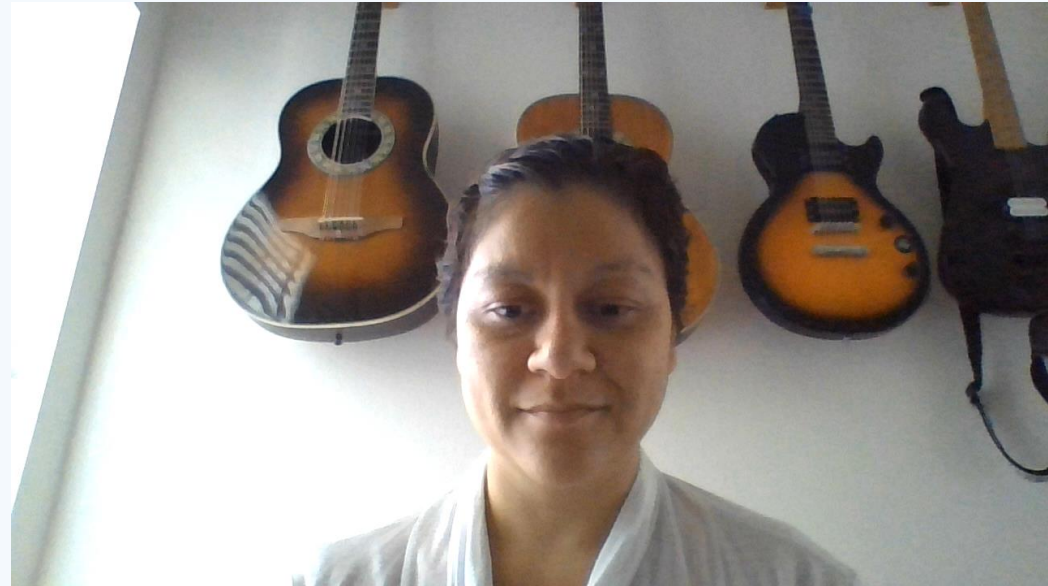
- What can I see?
- What can I hear?
- What can I smell?
- What can I feel?
- What can I taste?



Hearing and listening



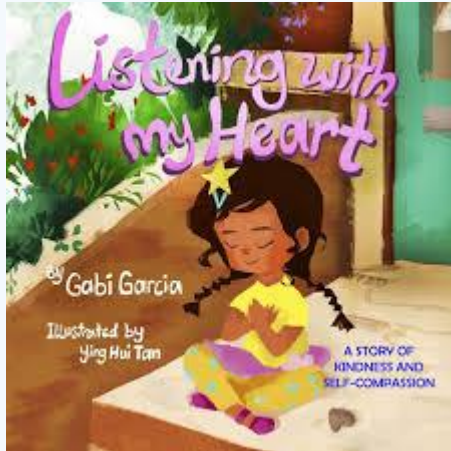
- *Listen to positives*
- *Listen to Music*
- *Listen to your heart*
- *Listen to Your body*
- *Hearing our friends*



Hearing and Listening



- Listening with my Heart by Gabi Garcia



My goal for today....

Sit with a family member and listen to stories

Listen to music



Call a friend

Listen to your heart.

