

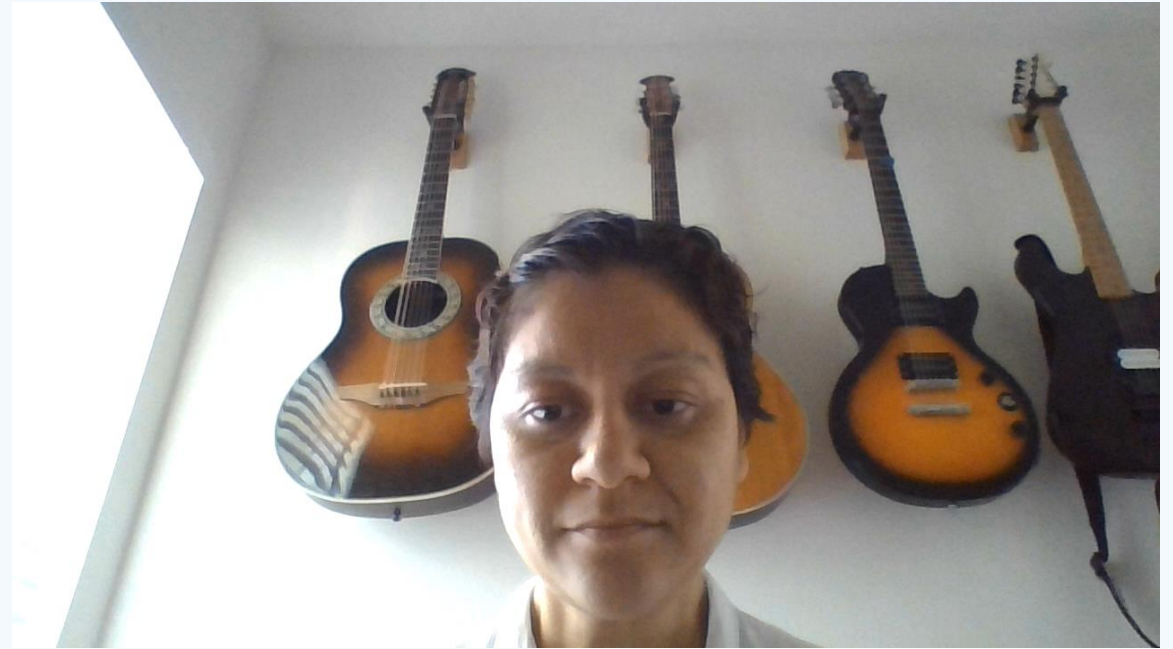


Our Minds and Senses

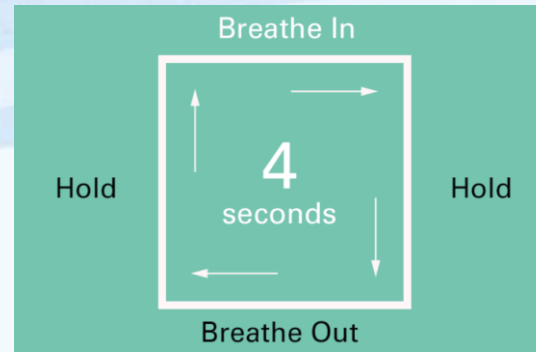
Day 3 of Awesomeness

Mindful Minute (Thinking)

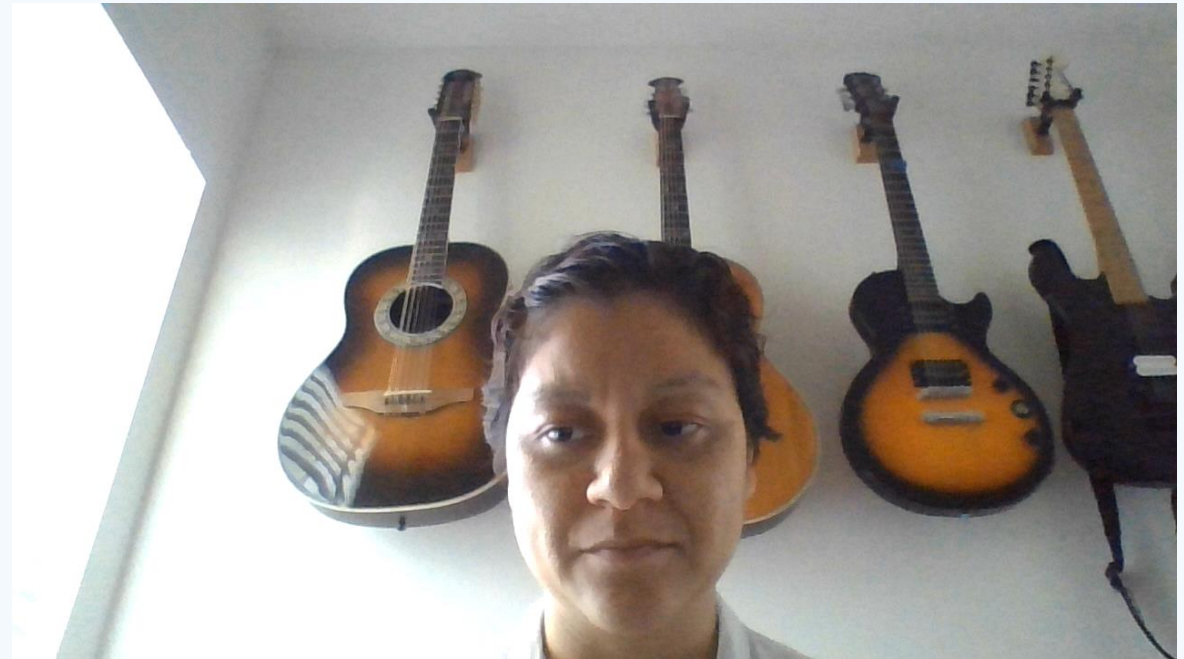
- What can I see?
- What can I hear?
- What can I smell?
- What can I feel?
- What can I taste?



Smell



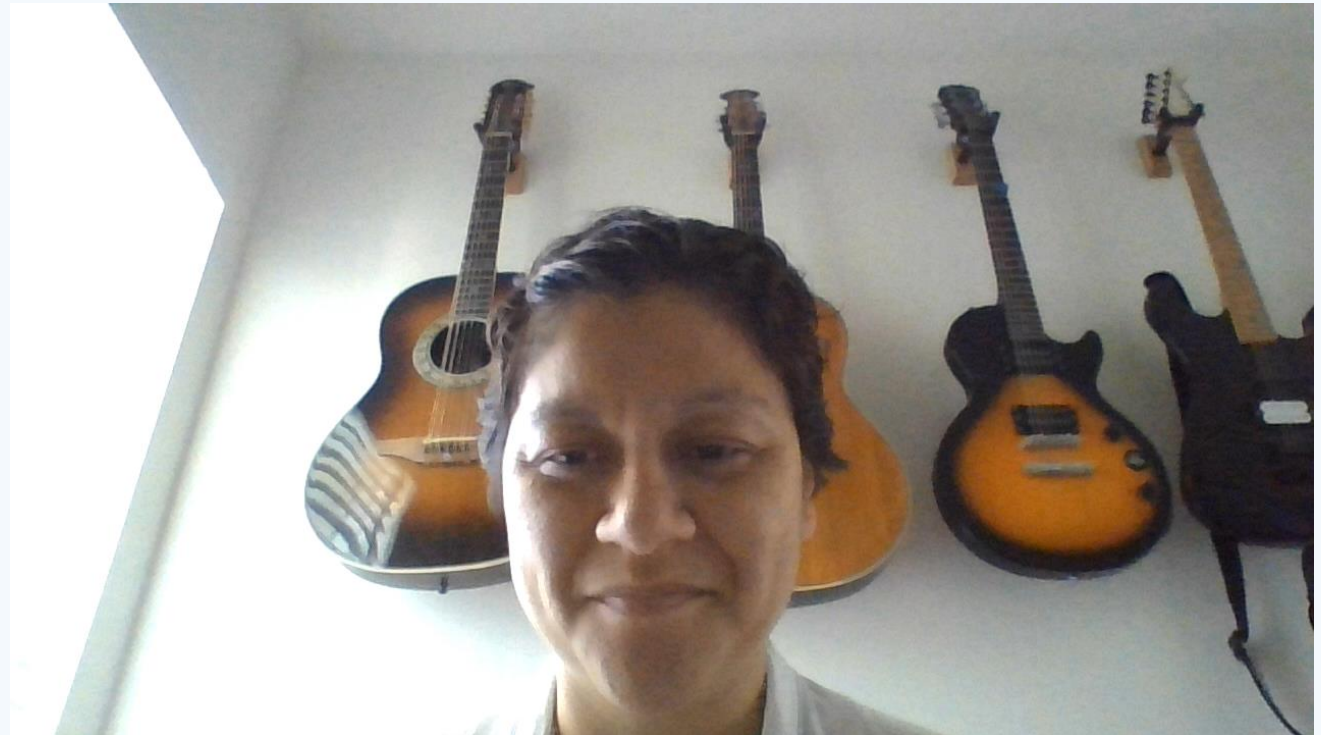
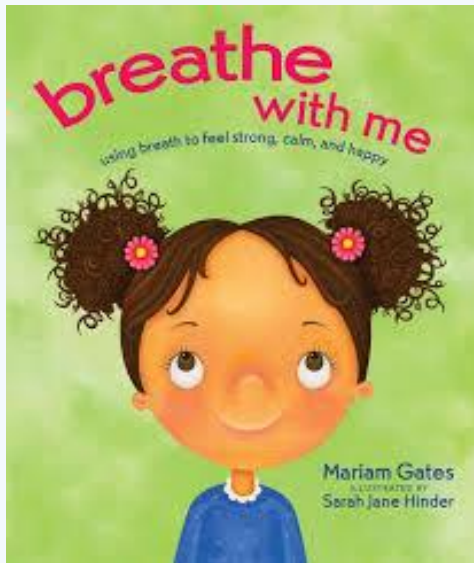
- *Smell things that make us happy*
- *Taking a deep breath*



Smell



- Breath with Me by Mariam Gates



My goal for today....

Learn new deep
breathing
techniques

Be awesome

Take deep
breaths if I am
upset

