

A stylized, layered landscape illustration. The foreground features rolling green hills with varying shades of green and brown soil. On the left, there is a green tree, a purple flower, and some orange foliage. A small red bird is flying in the sky above the tree. The background consists of light blue and white wavy bands representing the sky.

Our Minds and Senses

Day 4 of Awesomeness

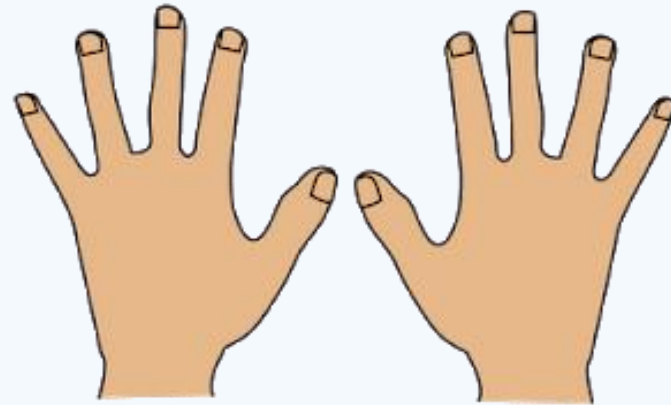
Mindful Minute (Thinking)

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



Feel or touch

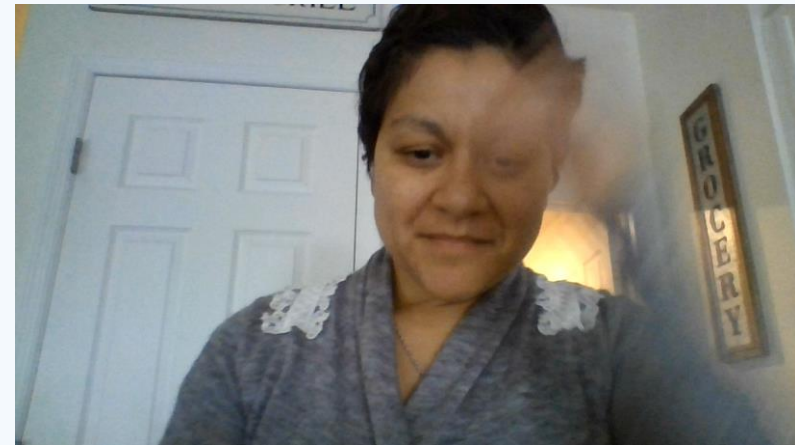
- Write it down
- Do something
- Try something new
- Help someone



Feel or Touch



- Be Kind By Pat Zietlow Miller



My goal for today....

Help
Others

Be
awesome

Do our
chores

