

Worksheet

BUNDLE

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Name: _____



5 SENSES MINDFULNESS ACTIVITY

Write in some different things you can experience in this moment:



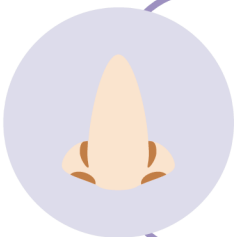
I can see



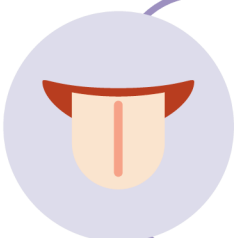
I can hear



I can feel



I can smell

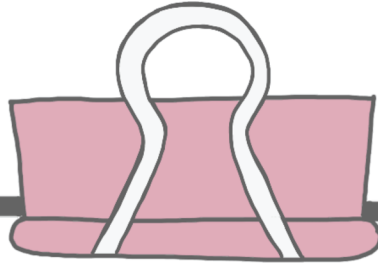


I can taste

Name: _____



MY HAPPY PLACE ACTIVITY

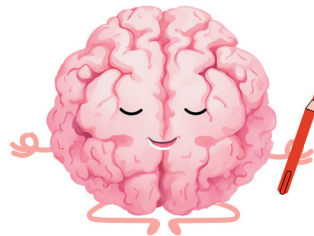


Draw your self in your happy place.

You can also write about how you feel or what you see and hear when you are here:

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(There are no right or wrong answers. These are a guide.)



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(Answers will vary. This is an example.)

Draw or write in some different things you can experience in this moment:



I can see
clouds, trees blowing, birds flying



I can hear
birds chirping, someone talking



I can feel
the sun on my face, the chair I'm on



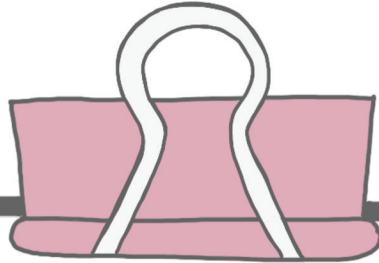
I can smell
a nice smell on my shirt, eucalyptus leaves



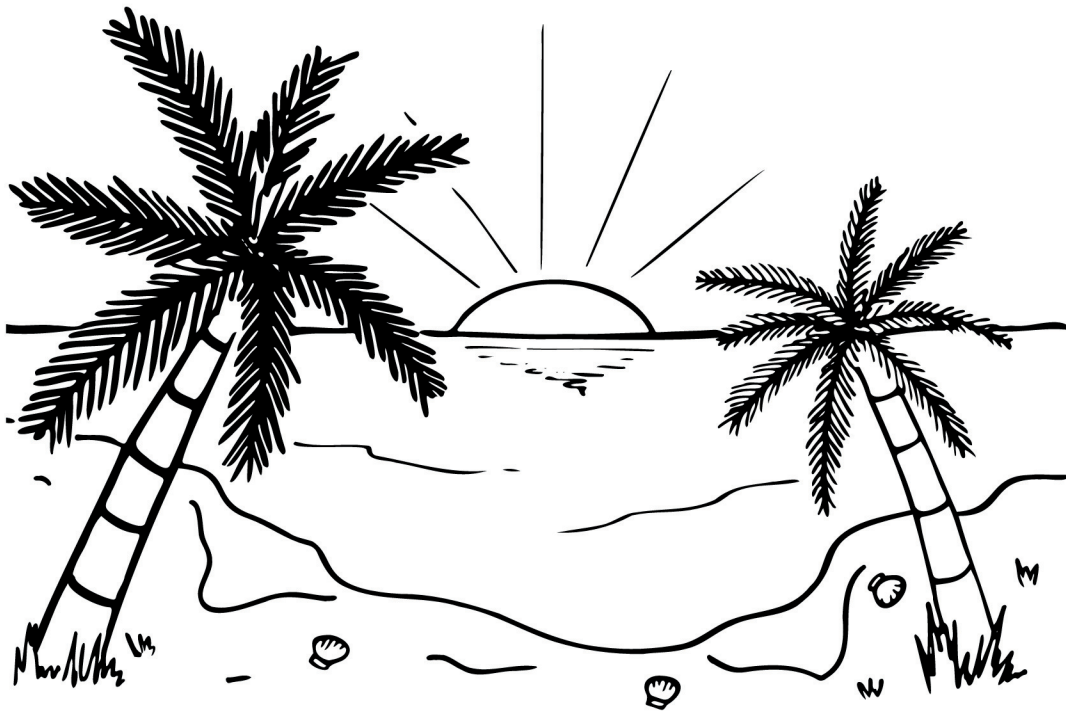
I can taste
my fruit snack

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(Answers will vary. This is just one example.)



Draw your self in your happy place.



You can also write about how you feel or what you see and hear when you are here:

I love being at the beach it makes me feel calm.

I love feeling the water on my face and the warm sand in my toes. I also love listening to the waves.

The water tastes salty. It makes me feel fresh.