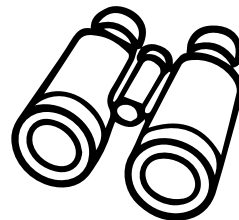


Mindfulness Safari



Name

Safari Rules!

Walk slowly. Respect nature and classroom spaces.

Be silent or whisper-quiet. Observe with curiosity like a scientist.

SEE

What do you see?
Can you find something tiny?
Something moving?
Something with color?

HEAR

What do you hear?
What's the quietest sound?
Can you hear your own footsteps?

FEEL

What do you feel?
Touch the ground, a tree, or the air. What textures do you notice?

SMELL

What do you smell?
Take a slow sniff.
What does the air smell like?

TASTE

What do you taste?
Imagine how the air or rain might taste.

