



Mindful Writing

For this lesson you will need:

- A towel
- A snack

Step One:

Either outside or on the floor inside, sit on a towel and enjoy your snack. **Pay attention to things that you see, hear, smell, touch, and taste while you do this.**

Step Two:

Read the instructions and type in your responses. **Write at least two complete sentences for each instruction.** When you are finished, save as Your_Name_Mindful_Writing and upload to Google Classroom.

1. Describe what you saw. I saw an ant on the tree. I saw a bird in the tree.
2. Describe what you heard. I heard my dog bark. I heard my neighbor talking on the phone.
3. Describe what you smelled. I smelled strawberries. I smelled the grass.
4. Describe what something you touched felt like. The grass felt scratchy. The strawberries felt wet and soft.
5. Describe something you tasted. The strawberries tasted sweet. The strawberries tasted like a happy summer day.

