Let's Take a Mindful Minute

Mindfulness means “being aware of what is happening right now and how you feel about it.”

Close Your Eyes, Sit Quietly, and...

**Breathe**
Take deep breaths, and let them out slowly. Think about how the air goes in and out of your lungs.

**Listen**
Listen to the sounds around you, and think about how many sounds you can name.

**See**
Look at one item around you; and think about its shape, color, texture, and how it is made.

**Touch**
Use your fingertips to feel an item or the area around you. Think about how it feels and the words you would use to describe it.

**Smile**
Open your eyes, and enjoy the world around you.

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