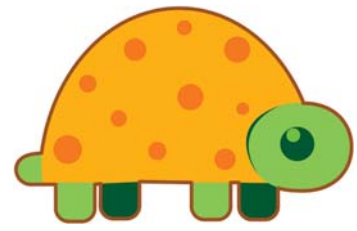


Name _____ *Mindfulness*



Inside | Outside

Imagine that you are a turtle. Close your eyes. Imagine your turtle body. Feel the shell on your back, and how your neck and your arms and your legs poke through it. When you are comfortable with your turtle body, start walking around like a turtle.

How does it feel to be a turtle?

Now pull your whole body inside of your turtle shell. Be very still and quiet inside of your shell.

How does it feel to be completely inside of your turtle shell?

Come out of your turtle shell, and become a person again. How was being a turtle similar to being a person?
