

Name \_\_\_\_\_ **Mindfulness**

# Being Present



Being present means paying attention to everything about what is going on in this moment.

**DIRECTIONS:** Sit quietly and just be present for a few minutes. What do you notice with each of your senses?

In this moment, I see \_\_\_\_\_

\_\_\_\_\_

In this moment, I hear \_\_\_\_\_

\_\_\_\_\_

In this moment, I taste \_\_\_\_\_

\_\_\_\_\_

In this moment, I smell \_\_\_\_\_

\_\_\_\_\_

In this moment, I feel \_\_\_\_\_

\_\_\_\_\_