

## Florida Fishing Academy Birds in My Backyard Grades 3-5

## Have you taken a moment outside to notice your surrounding?

**Mindfulness:** means paying full attention to something. It means slowing down to really notice what you're doing. Being **mindful** is the opposite of rushing or multitasking. When you're **mindful**, you're taking your time. You're focusing in a relaxed, easy way.

Mindfulness is a skill that helps us stay calm and in control.

Look around outside and see if you can find:

5 things you can see

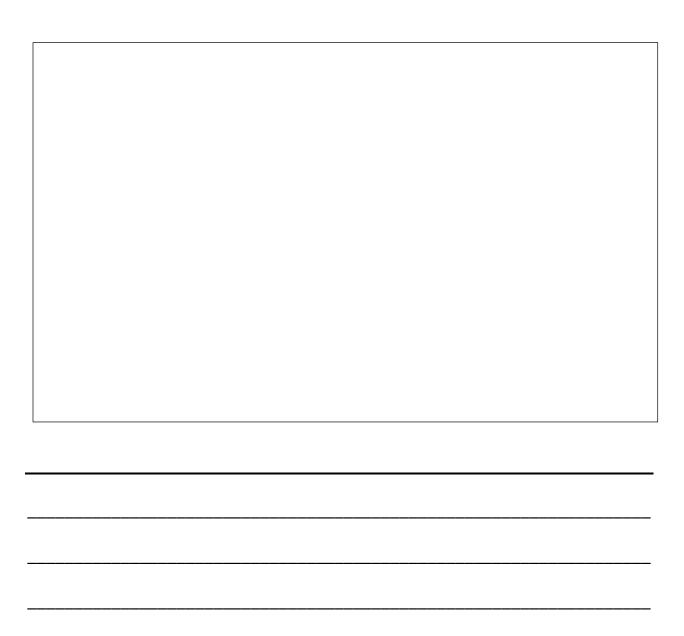
4 things you can touch

3 things that you hear

2 things you can smell

1 thing you can taste.

## Tell us what you experienced.



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