

Name _____

Date _____

Time _____

Teacher _____

CHANGES IN NATURE

Go to a safe location outdoors or sit by a window where you can see outdoors. Using this sheet, make observations about what you notice. What colors catch your attention? Does anything look or feel different than it did during the summer? You may sketch or draw what you see, use colors and labels, make a list, or a combination of these.

Sensory observations

I see...

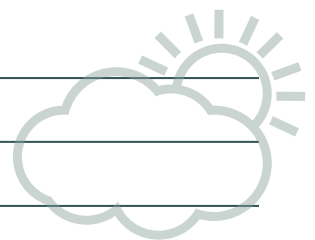
I hear...

I smell...

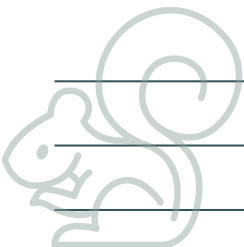
I feel...

Sketch or draw

What's the weather like today?



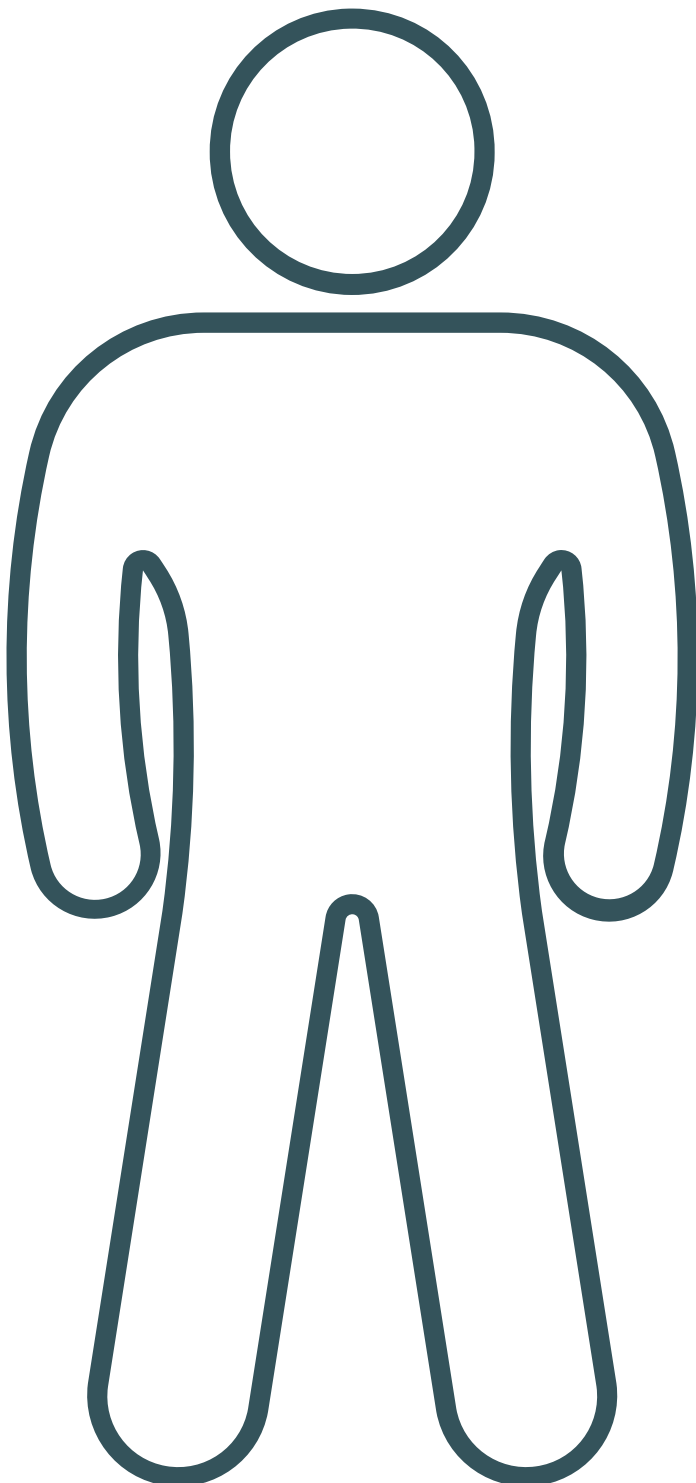
Do you see any animals or bugs?
What are they doing?



CHANGES IN SELF

Find a comfortable spot and practice mindful breathing. Using the questions below, complete a body scan and fill out the body map showing what you feel in different parts of your body. For example, you might feel excitement in your head, which could look like orange lines to you. Or, you feel a tightness in your arms when you are angry, which you color in with red. Then, use the body map key to show what color or pattern represents which of your feelings. You may mix colors, use patterns, or add words.

Body map



Body scan

How does my head feel?

What's happening in my heart?

What feelings are in my stomach?

What do I feel in my arms?

How do my legs feel?

Body map key

- What color is this feeling?*
Examples: anger, sadness, love, peaceful _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____