

Mindfulness

1. Noun Plural
2. Adjective
3. Day Of The Week
4. Verb Base Form
5. Noun
6. Noun
7. Name
8. Noun
9. Adjective
10. Celebrity Name
11. Noun
12. Place In House
13. Place In House
14. Place In House
15. Verb Base Form
16. Verb Present Ends In Ing
17. Food
18. Adjective
19. Number

Mindfulness

Let's face it, being in the moment isn't always easy. Sometimes all of us [_____ Noun Plural _____ Noun] need some [_____ Adjective _____] help.

I think [Day of the _____ Day of the Week _____], I'll try something a bit different!

Maybe I will [_____ Verb Base Form _____] outside and focus on the smell of the [_____ Noun _____]. Or I can watch the clouds. Oh! That one looks like [_____ Noun _____]!

My friend, [_____ Name _____], says it helps them to focus on one [_____ Noun _____] at a time, I might try that too!

Creating [_____ Adjective _____] works of art has always made me feel in the moment, maybe [_____ Celebrity Name _____ Name] and I could create something together.

Sometimes it helps to think about things I like about myself. I could try writing [Number] of them down and putting them around my [_____ Noun _____]. One in the [_____ Place in House _____ in House], another one in the [_____ Place in House _____ in House], and even one in my [_____ Place in House _____ in House].

It always feels good to treat my body well. I might try to [_____ Verb Base Form _____] a new recipe, paying attention to

[Verb _____ Verb Present ends in ING _____ in -ing] the [_____ Food _____], and to notice the [_____ Adjective _____] smells that I
create.

There's [_____ Number _____] things I can do, but right now I will just focus on one.