

Name _____

Date _____

Teacher/School _____

WHAT DO I NOTICE?

Mindfulness: it's a way to get in touch with yourself, to be in the moment, to be more aware of how you feel, how you're breathing. It allows us to appreciate the present, and to positively shape the way we see ourselves and our lives. Looking at art is a great tool for practicing mindfulness. When you find yourself in front of a piece of art, what do you notice?

DESCRIBE

SKETCH

How do you feel? 😊 😞 😄

Explore your senses. What might you smell, taste, feel, or hear in this work of art?


