



Start Where You Are

NEW LEAF FOUNDATION
MINDFULNESS TOOLKIT

Activity

What you'll need: cell phone camera

Each day this week, take one picture on your way to school or on a daily walk in your neighbourhood. Choose anything that catches your eye whether it's because it's beautiful, strange or for any other reason. At the end of the week, look back at the photos and reflect on any patterns you notice (for example, all the photos were of buildings or people) and/or why you think you chose these images to capture.

Journal Prompt

Write a five senses poem. Choose an environment (a room or any other place), pause, take in what you notice through each of your senses and write it into a poem. It can be short or long and include all the senses or just a few.

Example:

Sunny skies (Sight) // Birds singing together (Listening) //
Cool breeze touches my face (Feeling) // Fresh flowers
blooming (Smell)