Mindfulness Moment

Connect with three natural spaces in your neighbourhood. So, find a comfortable spot and ponder these questions:

What are three sounds that are comforting you now?

What are three sounds that feel weird to you now?

What animals are you hearing?

What scents are you picking up in this area?

What plants do you notice around you?

Do your surroundings make you feel small or big?

What are three different textures you can feel?