



**Florida Fishing Academy
Birds in My Backyard
Grades 3-5**

Have you taken a moment outside to notice your surrounding?

Mindfulness: means paying full attention to something. It means slowing down to really notice what you're doing. Being **mindful** is the opposite of rushing or multitasking. When you're **mindful**, you're taking your time. You're focusing in a relaxed, easy way.

Mindfulness is a skill that helps us stay calm and in control.

Look around outside and see if you can find:

- 5 things you can see**
- 4 things you can touch**
- 3 things that you hear**
- 2 things you can smell**
- 1 thing you can taste.**

Tell us what you experienced.

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