



Florida Fishing Academy Mindfulness K-2

This activity will need parent assistance.

Mindfulness: This means paying full attention to something. It means slowing down to really notice what you're doing. Being present in the current moment.

As many of us are stuck at home we may feel sad or stressed. Being Mindful will help us understand ourselves more. Think about the way that we may feel our feelings or emotions through our body. Does anger feel like you've got steam coming out of your ears? Does love make you feel like your heart is going to burst open?

Activity: Spidey-Senses

Time to turn on our "spidey-senses" or your super-focused senses of smell, sight, hearing, taste, and touch that Spiderman uses to observe the world around him.

What do you see?

What do you smell?

What can you touch or feel?

What can you hear?

What can you taste?

This exercise will help bring us to the present moment.

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