



Mindfulness Master

Do any three challenges to earn your badge!

Explore

- Take a Mindfulness Walk in your neighborhood or a wooded area nearby. Don't listen to music. Instead, try to use all of your senses to take in everything around you. Note the things you see, hear, smell, taste, and touch as you walk.
- Watch a yoga or meditation video on YouTube!
- Read a book that brings you peace

Write

- Challenge yourself to write down ten things that you are grateful for (they can be little or big things, like your parents, your pet, your favorite shirt, or your yummy lunch).
- Create a list of all the things that make you feel peaceful and calm!
- Write out your thoughts during the day. Sometimes seeing what kinds of thoughts you're having can help you find peacefulness.



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Create

- Using paint and rock create emotion rocks! Paint each rock to represent a different emotion, like sadness, happiness, anger, etc.!
- Design a peaceful space for yourself. Use pillows and blankets and other items that help you feel calm and cozy.
- Using crayons and paper do some mindfulness coloring. Feel the way the crayon goes across the paper. Overlap colors, make shapes, and swirls. Focus on the feeling of creating.

Visit your local branch to pick up your badge!