

# Mindfulness

1. Noun Plural
2. Adjective
3. Day Of The Week
4. Verb Base Form
5. Noun
6. Noun
7. Name
8. Noun
9. Adjective
10. Celebrity Name
11. Noun
12. Place In House
13. Place In House
14. Place In House
15. Verb Base Form
16. Verb Present Ends In Ing
17. Food
18. Adjective
19. Number

# Mindfulness

Let's face it, being in the moment isn't always easy. Sometimes all of us [\_\_\_\_\_ Noun Plural \_\_\_\_\_] Noun] need some [\_\_\_\_\_ Adjective \_\_\_\_\_] help.

I think [Day of the \_\_\_\_\_ Day of the Week \_\_\_\_\_], I'll try something a bit different!

Maybe I will [\_\_\_\_\_ Verb Base Form \_\_\_\_\_] outside and focus on the smell of the [\_\_\_\_\_ Noun \_\_\_\_\_]. Or I can watch the clouds. Oh! That one looks like [\_\_\_\_\_ Noun \_\_\_\_\_]!

My friend, [\_\_\_\_\_ Name \_\_\_\_\_], says it helps them to focus on one [\_\_\_\_\_ Noun \_\_\_\_\_] at a time, I might try that too!

Creating [\_\_\_\_\_ Adjective \_\_\_\_\_] works of art has always made me feel in the moment, maybe [\_\_\_\_\_ Celebrity Name \_\_\_\_\_ Name] and I could create something together.

Sometimes it helps to think about things I like about myself. I could try writing [Number] of them down and putting them around my [\_\_\_\_\_ Noun \_\_\_\_\_]. One in the [\_\_\_\_\_ Place in House \_\_\_\_\_ in House], another one in the [\_\_\_\_\_ Place in House \_\_\_\_\_ in House], and even one in my [\_\_\_\_\_ Place in House \_\_\_\_\_ in House].

It always feels good to treat my body well. I might try to [\_\_\_\_\_ Verb Base Form \_\_\_\_\_] a new recipe, paying attention to

[Verb Verb Present ends in ING in -ing] the [Food], and to notice the [Adjective] smells that I create.

There's [Number] things I can do, but right now I will just focus on one.