

Week 2: Mindfulness with John



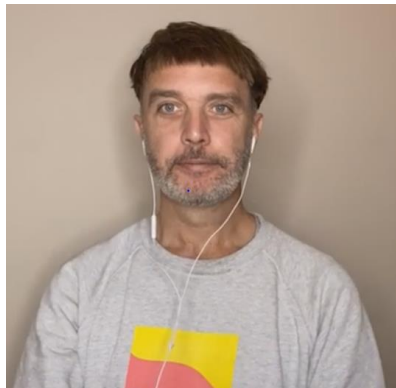
New Directions: Personal Expression and Creativity & Health & Wellbeing



Name:



Date:



John asks us to notice what we notice!

What did you notice?

- Did you notice your breath?
- Did you notice how you felt?