



The Mindful
Art Teacher

FIVE MINUTE MINDFUL ART ACTIVITY: THE PRESENT MOMENT

What does it mean to be present?

The word *present* can mean a gift and can be used to describe what is happening right now, in the moment.

Sit quietly and pay attention to what is going on right now around you, using your five senses.

Reflect on your experience below:

1. Right now I see...

2. Right now I hear...

3. Right now I am touching...

4. Right now I smell...

5. Right now I feel...
