

Name _____

Date _____

mindfulness series

THE PRESENT MOMENT

What does it mean to be present?

The word "present" can mean a gift, and it also describes what is happening right now, in the moment.

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

Reflect on what you experience below.



1. Right now I see ...

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2. Right now I hear ...

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3. Right now I am touching ...

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4. Right now I smell

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5. Right now I feel ...

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.....

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THE PRESENT MOMENT

What is the difference between the past, the present, and the future?

Below, write and/or draw about something that took place in the past, something that might take place in the future, and something that is happening right now.

Past: _____

Present: _____

Future: _____