

# creativity kit



## Mindfulness Activities

Use the activities below to relax and experience the space around you.

Place your hand over your belly. Take 10 deep breaths and notice your hand moving up and down as you breathe.

Close your eyes and spend one minute thinking about a happy moment in your life. Try to remember as much about that day as you can.

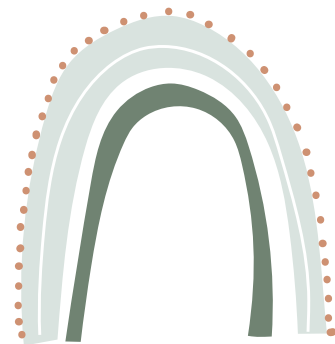
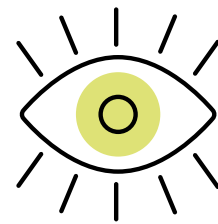
Close your eyes and imagine being invisible. What would you do? Where would you go?

Look at an object and discover something new about the object.

Hold an object in your hand and notice how heavy it is and how it feels, then see if you learn something new about the object.

Lie down and close your eyes. Try to see how many sounds you hear and if you can discover the source of the noise.

Sit still and try to imagine tasting and smelling your favorite foods.



We would love to hear about and see your projects! Snap a picture and post on Facebook tagging @khartscenter or text a photo and/or comments to 513.382.4913