

# Mindfulness Countdown

RECONNECTING TO YOUR PRESENT

*I see... I hear... I feel...*

3

_____	_____	_____
_____	_____	_____
_____	_____	_____

Meadowlark

COUNSELING, SUPERVISION, & CONSULTATION

2

_____	_____	_____
_____	_____	_____

1

_____	_____	_____
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# Mindfulness Countdown

RECONNECTING TO YOUR PRESENT

*I see... I hear... I feel...*

3

PURPLE WATER BOTTLE

CARS DRIVING

WATCH ON WRIST

TEETHING KEYS

BIRDS CHIRPING

GLASSES ON MY NOSE

"CONGRATS" CARD

BABY MONITOR

FEET IN MY SHOES

2

COFFEE COASTER

KEYBOARD CLICKING

BACK AGAINST SOFA

BLACK PEN

DOG SNORING

RING AROUND FINGER

1

PUMPKIN CANDLE

FRIDGE HUMMING

HAIR ON SHOULDERS