



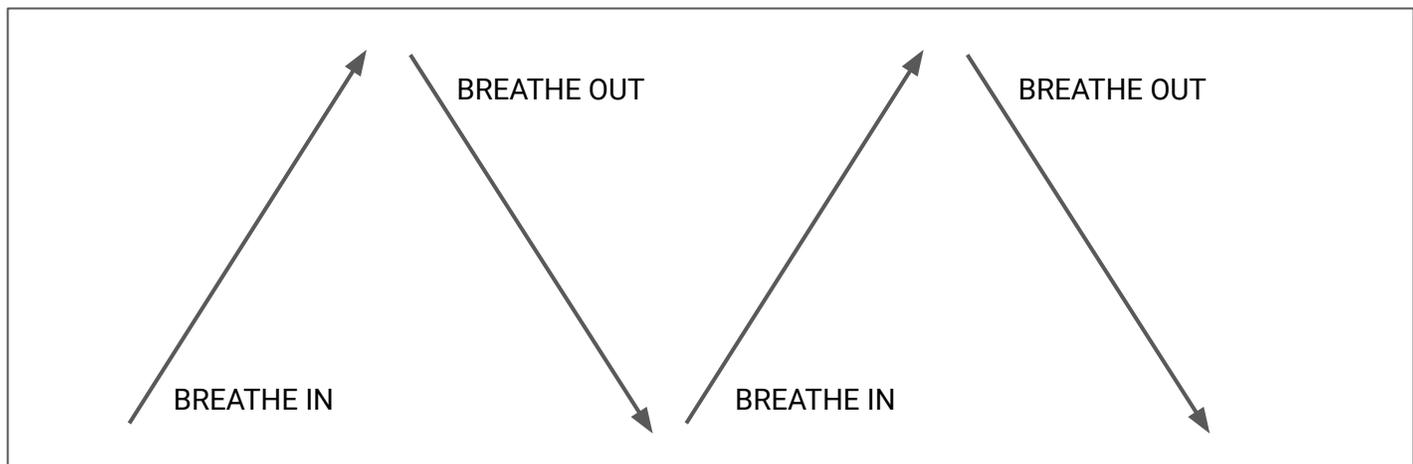
CONNECT: Mindfulness with Colors

CHALLENGE: Take time out from your busy day to appreciate the world around you!

BIG IDEA: The practice of mindfulness allows us to pause and be thankful for all the elements in the world that support our daily lives. Taking time to practice mindfulness allows us to connect and appreciate our surroundings.

Materials:

Blank paper
Crayons



INSTRUCTIONS:

- Find your favorite spot outside or in your house.
- Sit on the ground or on a comfy piece of furniture.
- Sit up straight and place your hands in your lap.
- Close your eyes or look and trace the above image as you breathe
- Take a deep breath in through your nose (count: 1, 2, 3, 4) and out through your mouth (count: 1,2, 3, 4). Continue this breathing exercise for 2-3 minutes. (set a timer to keep track if you'd like)
- While breathing think of your favorite color.
- Think of things you see in the world that are your favorite color.
- After 2-3 minutes. Take a final deep breath and open your eyes.
- Stand up slowly and stretch your arms to the sky. Wiggle them down to their normal position.

Color Scavenger Hunt:

What color did you think of while breathing? _____

Explore your yard or an outside space. If you are unable to go outside, this can be done indoors as well! Use this list as your guide to discover things that are your favorite color.

Something fuzzy

Something straight

Something round

Something smooth

Something rough

Something that makes noise

Something you think is beautiful

Examine each of the items you found and choose your favorite. Draw your favorite using crayons on a blank piece of paper.



Try More Mindfulness Activities:

tinycloud.com/STLedm Engage your 5 senses with these ideas for outdoor mindfulness activities.

WE WANT TO SEE & SHARE YOUR CREATIONS!

Send us a picture or video by June 1, 2020 and be entered into a drawing for a gift card! Three ways to share:

1. Tweet us using the hashtag #aBitofSTEM
2. Text us at 314-285-9663
3. Use this google form and we'll show off your creation. [Submit Here](#) (tinycloud.com/STLsubmit)

For more challenges visit: STEMchallenges.wustl.edu