

# Mindful exploration

Head out for a mindful exploration, and look extra closely to spot things in all the colours of the rainbow. Write down or draw what you find in the spaces here.

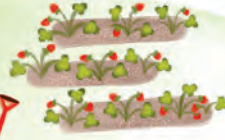
Look UP as well as around. What colour is the SKY today?



Red



Orange



Yellow



Green



Purple



Blue



As you explore, PAUSE for a moment to breathe in...  
...and outttttt.  
Do that five times.



You could go on an IMAGINARY adventure from inside your home.

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