

CORE MINDFULNESS

WISE MIND WHAT SKILLS

OBSERVE:

Be a magnifying glass; look closely inside and outside of yourself. Be aware. Be a detective. Hold off on verbalizing what you see until you have taken it all in.

DESCRIBE:

Be a dictionary; name your experiences. Keep it simple and kind! Put it into words.

PARTICIPATE:

Like playing games; dive in. Action! Be actively involved. Experience your emotions. Don't let the moment pass you by. Help others to participate too!