



THEME: MAKING QUIET TIME

Directions: Close your eyes and spend 5 minutes being still and quiet. What happens to your body when you are quiet? What happens to your breathing when you are quiet?

What color does being quiet feel like? Use a crayon and write the color.

Remember to SOAR:

S
O
A
R

Sense what's around you

Open your hands to help others

Act with kindness

Respect other people