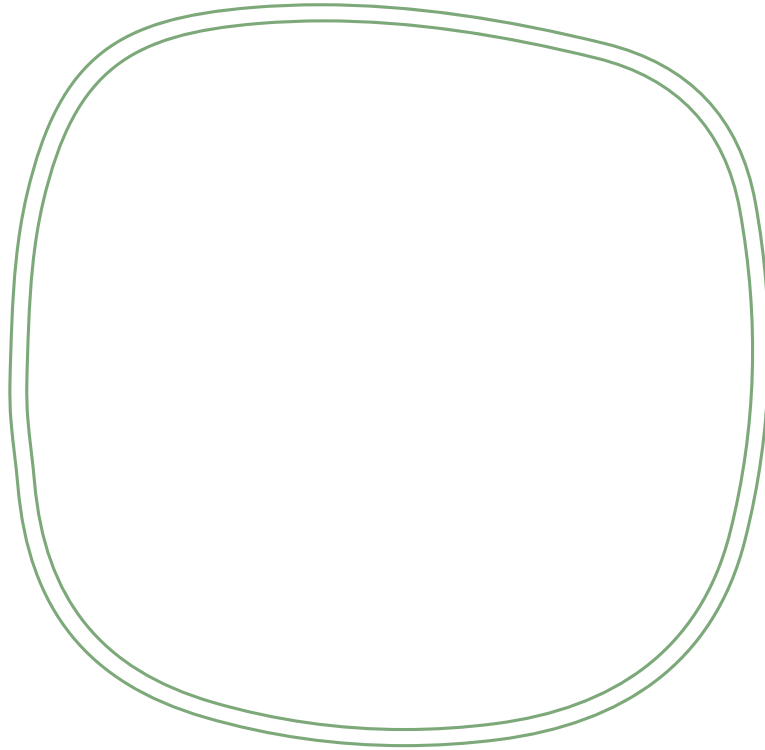




Mindful Observation

What did your plate look like when you finished sorting?
Draw it below.



What was it like to sort the objects with your eyes closed?
Circle all of the words that describe your experience or write your own.

Fun **Challenging** **Frustrating** **Different**

How did you feel before you started sorting?

How did you feel after the sorting?