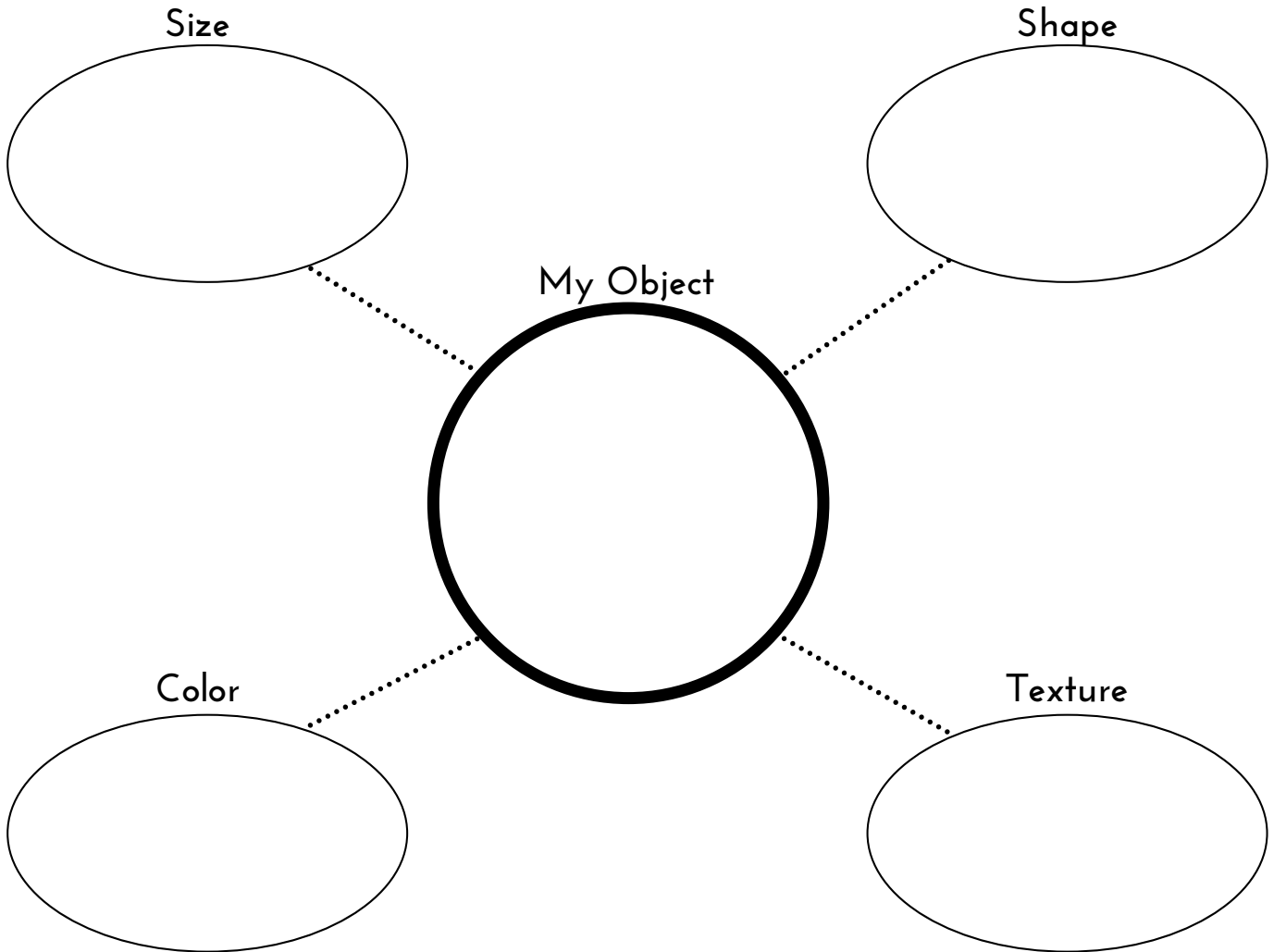


Name: \_\_\_\_\_



# Mindful Seeing

**Directions:** Look closely at your object. Describe the size, shape, color, and texture of it below.



**Reflection:** Draw a picture of yourself practicing mindful seeing.

