



Super Sensor Badge

Exploring Mindfulness

Imagine walking through the jungle - full of sounds, bright colors, and smells. It can be overwhelming. How do animals find their way? They use mindfulness to focus their senses on what they need. Elephants use their super-sensing nose to smell water over 12 miles away. A monitor lizard uses their super sensing tongue to detect the direction of dinner. A tiger uses their super-sensing night vision to hunt through the darkness.

Mindfulness is key to animals' survival. You can do the same! When you feel frustrated or overwhelmed, activate your animal super-senses and notice the world in a new way. What do you smell? See? Go forth into nature and unleash your super senses!

Challenges



Complete activities to earn your badge



Sensory Surprise!

Find a partner, then collect 3 things for them to smell, hear, and touch.

Have them close their eyes and use their senses to guess the objects you chose.



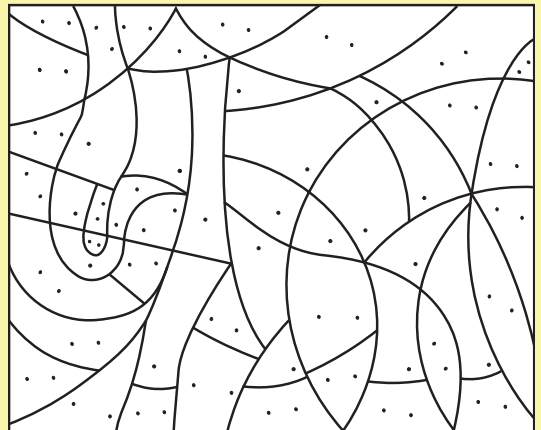
Mindful Tracing

Scan this QR code for a mindful maze. Slowly trace the path, releasing a thought at each turn.



Hidden Senses

Color in all of the shapes with more than one dot in them.



What did you find?

Stu

(Stuartz)

Common



"Has a lot on their mind"

Strengths are: Pausing, observing, connecting with others

Struggles are: Anxiety, feeling overwhelmed, busy places

Do you ever feel like there is too much going on around you? Stu knows about that overwhelming feeling. Stu lives in a busy world full of sights, sounds, and smells. The chaos sometimes leaves their head spinning.

Whenever Stu feels overwhelmed, they practice mindfulness by exploring nature and activating their animal super senses. It pulls them out of their brain and into their body. Stu likes to pick an animal and focus on their senses. They may walk around observing details like a tiger or smelling the cool air like an elephant. This helps Stu get back into the moment and ward off their worries.



Super-Sensor Facts

Cows are super-tasters.
Their taste buds tell if
a plant is poisonous or not!



Crickets have their "ears"
are on their legs!



))) Say what?!

Chameleons can see in
two different directions
at the same time.



That's
outta sight!

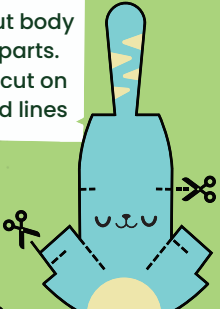


Create your own Mindful Pet!

Follow the instructions to design an animal all your own.
Open your senses to what's possible as your create!



Cut out body
and parts.
Then cut on
dotted lines



Flip paper.
Slide slots
together to
form body



Slide tail
through
the body



Pull tail out
and fold up
against body

Slide on
parts any
way you
want!

