Bringing Kindness and Curiosity to Everyday Tasks

1. Choose one task you would like to complete today with kindness, curiosity, and mindfulness (tying your shoes, fixing your bike, brushing your teeth, etc.):

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2. Set a timer for 5 minutes.

3. Take a few deep breaths. Feel each breath right at your nose.

4. Start your timer.

5. Begin your task, but work as **slowly** as you can. Bring attention to the feeling in your hands, your breath, what you see, and hear in the moment.

6. End your task when the timer goes off.

7. What did you notice? What did it feel like to slow down and bring curiosity to what you were doing? Write a reflection in which you answer these questions below (using 4–6 sentences):

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8. **Optional**: Complete another task and go through the same steps. Write your reflection on the back of this page.