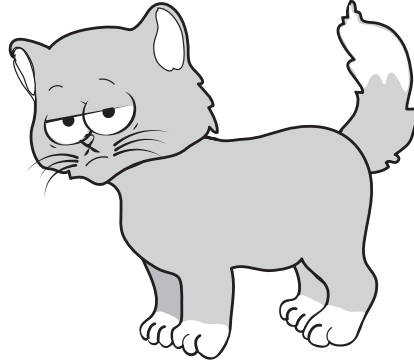


Curiosity Saved the Cat

You have probably heard the saying “curiosity killed the cat,” but what if it saved the cat from boredom and unhappiness? Practicing mindfulness of our senses and turning up our level of curiosity to what we experience can help to overcome boredom.



Directions:

1. Give your book a title.
2. Include a front cover page with your title.
3. Make sure the cat practices using all five senses: sight, hearing, taste, feel, and smell (using mindfulness of senses on each page).
4. Include words and pictures on each page.
5. Make sure to give the definition of “mindfulness” somewhere in your story:

Mindfulness is paying attention to the present moment, on purpose, with kindness and curiosity. We can be mindful when we pay attention to our senses.

Brainstorm:

Title of book: _____

The cat is bored because: _____

Senses to include in book:

Smells: _____

Tastes: _____

Touches: _____

Sees: _____

Hears: _____

Curiosity Saved the Cat



Front cover

Curiosity Saved the Cat



A large, empty rectangular box with a solid purple border, intended for students to write their answers to the first set of questions.

A second large, empty rectangular box with a solid purple border, intended for students to write their answers to the second set of questions.

Curiosity Saved the Cat



A large, empty rectangular box with a solid purple border, intended for students to write their answers to the first set of questions.

A second large, empty rectangular box with a solid purple border, identical in size and purpose to the first one, for the second set of questions.