

Name \_\_\_\_\_

Date \_\_\_\_\_

# Mind of a Lion: Calm Attention

**Materials:** Crayons/color pencils, markers

**Directions:**

1. Draw and color your lion below to represent a calm mind.
2. Use a marker to write words in several of the mane pieces that remind you that you can train your mind to be like that of a calm, strong lion.



A large, empty rectangular box with a thin orange border, intended for drawing and coloring a lion.