

Name _____

Date _____

mindfulness series

A HOME INSIDE

We all have our own home of feelings inside,
like a shell we can tuck into when needed.

**Move slowly like a turtle around the room.
After a moment, curl up into your shell.**

Pay attention to the thoughts and feelings you
experience in your shell.



1. What thoughts and feelings did you
experience as you walked slowly?

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2. What new thoughts or feelings did you experience
curled in your shell?

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3. Today we pretended to be a turtle to access our inner feelings.
What is another way to visit your home of feelings?

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Name _____

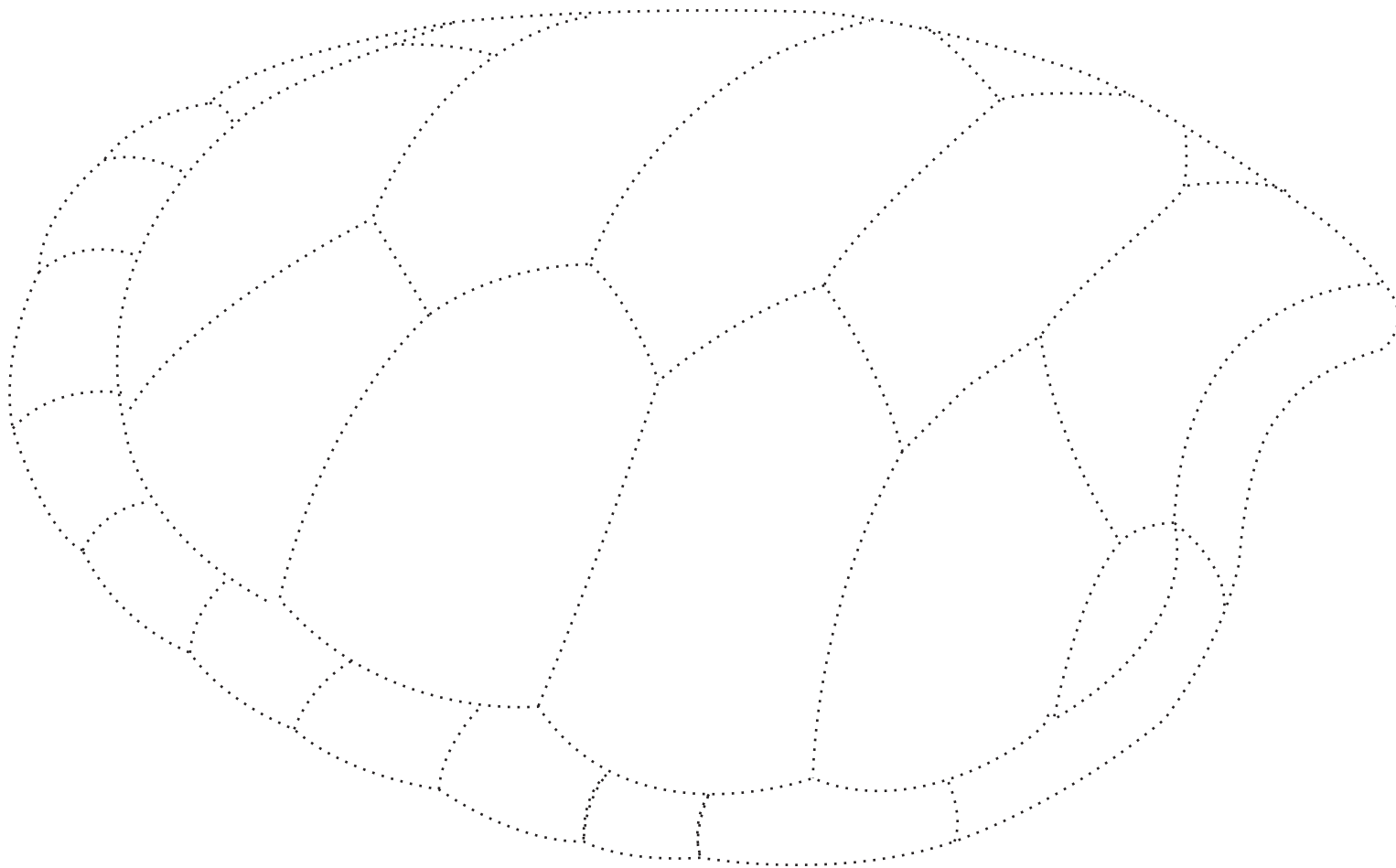
Date _____

mindfulness series

A HOME INSIDE

Below is the outline of a turtle shell.

Color in the turtle shell with a different color for each feeling. Be sure to color mindfully. Label each feeling in the color key below.



Color Key:

Color Feeling









Color Feeling





