

The Time Is...

If we live to be 70 years old, we will have spent three years of our lives waiting! Imagine if that time had been spent practicing mindfulness. Create a clock cover to place on an analog clock to remind us to practice mindfulness and patience while waiting.

Directions:

1. In the circle below, write a word in place of each number as a reminder of mindfulness.
2. Color, paint, and design the face of your clock with images that remind you of this word.
3. Cut out the circle, and place it on your wall or the inside of a working clock face.
4. Tada! You have just created your own clock that tells you the time is... Now? Time to be still? Or to pause? Whatever word you choose, use it as a reminder to practice mindfulness.

