

Sensing Like a Dolphin Journal

After practicing “mindful sensing” for one to two minutes—paying attention to your body—take a moment to reflect and journal your experience.

Instructions for Students:

1. Mindful Sensing Practice

Now let's *practice Like a dolphin*:

- Sit tall and still like a Blue Heron.
- Close your eyes or look down gently.
- Notice quietly for 1–2 minutes.

- (1) Your body sitting on the chair (pause)
- (2) The position of your arms (on your lap, desk)
- (3) The movement of your chest when breathing.
- (4) Notice your skin – does it sense cold or hot

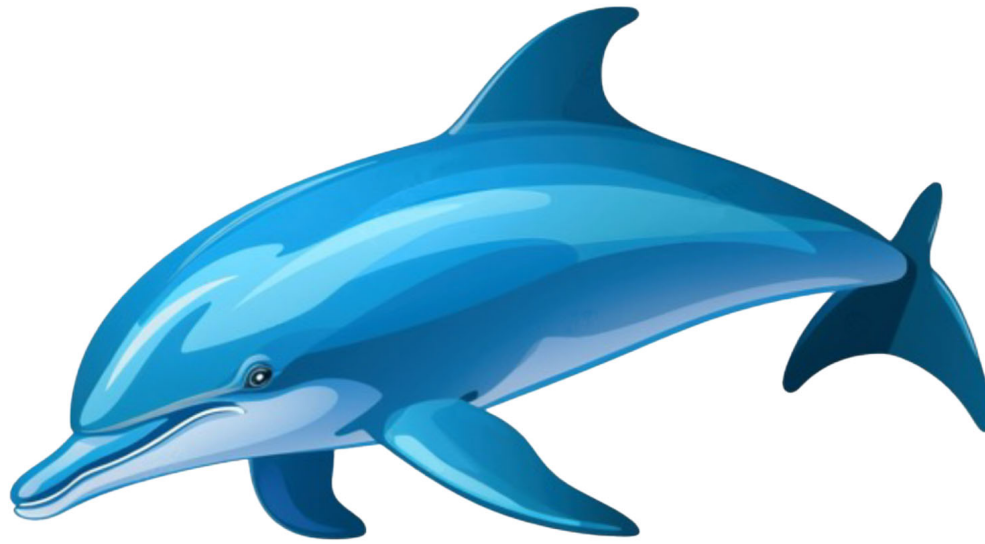
2. After Sensing Like a Dolphin

Pause and gently check in with yourself again:

- What sensations did you notice in your body?
- Did paying attention to your body help you to be more aware of what was around you?
- When can it be useful to pay attention to our bodies at home or at school?
- Write or draw your answers around your dolphin.



Explore your body and sensations.
Sensing like a dolphin.



Write around the dolphin what you noticed when sensing like a dolphin and when could it be useful to be mindful like a dolphin at home or at school.



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