

Slowing Down Like the Falling Snow

Directions: Think about your life. What parts of your life feel like they are moving too fast and you would like to slow down so you can appreciate them more? Inside each snowflake below, write down or draw one thing you would like to slow down. Then, imagine that thing slowing down like a soft, falling snowflake.

This activity pairs with the mindfulness meditation *Snow Angel, Slow Down*.

Listen to it here:

