



Five-Minute Wonder

Small Practices for a Busy Week



Step outside and count something

Put on one song and move

Ask one real wondering question

Watch the sky for five minutes

Do a listening minute

Do a Color Walk

Study Something Simple for Two Whole Minutes

Expand Your Vision (by looking at the horizon).

Shadow play

Texture hunt

Story chain

Smell detective

Backwards minute

Bubble breath

Mirror game

Blindfold taste test



add your own:

Learn more about these exercises:

<https://bit.ly/4AWNZBg>



www.sparklestories.com

