



Smell the Roses



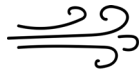
1. How do you use Smell the Roses?

Practice, then draw a picture of yourself using it!

1. Pause what you are doing.	
2. Pay attention to what you can see, hear, smell, and touch.	
3. Notice how you feel.	

2. How do you feel after using Smell the Roses?

Circle the cloud that best matches.



3. When could you use Smell the Roses to help you feel your best self?

Draw or write your ideas.