



WORK SHEET – EXERCISE 5A

How is it like to be zen and attentive?

Fill in the table. Order the different indicators by level of intensity.



I feel...	My body, my voice, my breathing...	I think, I tell myself...



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How is it like to be zen and attentive?

You can cut out the squares and stick them in the right column.



I feel...	My body, my voice, my breathing...	I think, I tell myself...
I'm happy.	My face is glowing. My eyes are shining.	"I'm focused."
I'm full of energy.	My chest is puffed out.	"I want to share this with my friends".
I feel happy.	I'm smiling. My heart is becoming bigger.	"It's great to discover new things"
I'm open to everything happening around me.	I'm listening to all the sounds around me.	"I want to explore."
I feel curious.	I watch attentively.	"What's that?"
I'm interested.	My eyes are wide open.	"Huh?"
I'm calm.	My breathing is calm.	"I'm good."