

**This is your space to take a pause, reflect, with engaged full brain thinking, brainstorm, gamestorm, have fun!**

For ideas check out [www.gamestorming.com/](http://www.gamestorming.com/). Use diagrams, draw cartoons alone and collectively. One draw a face, another add, eyes, arms. Draw animals, buildings, abstracts, clouds, waves, geometric shapes, have fun.

**What animals come to mind when you think "mindful." Don't overthink it, be spontaneous. Be in the moment, enjoy it.**

What crucial elements does the group want to include to demonstrate achieving *OH&F*? Triangles, circles, lines, arrows, try it.

On an index card everyone  
Write down feelings  
experienced with  
mindfulness practice.  
Shuffle the cards. Take  
Turns reading the cards.

What other key  
Word could fill  
the triangles?



How would this triangle look reversed? What words would be the same, different?

**Engaged Full Brain Thinking – Brainstorm 1:** Brainstorm about animals that have the index card characteristics. On butcher block paper create a portable mural with several animals. As a group, decide on the audience that will view your mural. Formulate your message.