

RAK CLUB

Does your mind ever feel like the human's instead of the dog?



We have all felt like the human instead of the dog. Sometimes while we are doing things (like brushing our teeth, eating breakfast, enjoying a beautiful view, watching youtube videos or even talking with a friend) our minds are thinking about something else *instead* of what we are really doing.

This week I challenge you to a fun mindfulness activity that will have your brain and body focused on what you are doing while you are doing it !

This activity is called 5,4,3,2,1 !! You can do this when you first wake up, while you eat breakfast, or even when you're sitting on the couch! Check it out and try it for yourself !

Never forget how special, smart and loved you are!

- Mrs Knight

Click [HERE](#) to watch Mrs Knight do the activity!

Click [HERE](#) to do the activity yourself !