

## MINDFUL SEEING MAZE

Our senses help us to interpret and understand the world around us and make meaning of our experiences. By focusing our attention on something specific, for example something we are looking at, we can help strengthen the prefrontal cortex (PFC) at the front of our brain and be more aware of the world around us. Focus your attention on your mindful seeing to try and find your way from and back to the smiley face.

