

Name \_\_\_\_\_

Date \_\_\_\_\_

mindfulness series

## A HOME INSIDE

We all have our own home of feelings inside,  
like a shell we can tuck into when needed.

**Move slowly like a turtle around the room.  
After a moment, curl up into your shell.**

Pay attention to the thoughts and feelings you  
experience in your shell.



1. What thoughts and feelings did you experience as you walked slowly?

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2. What new thoughts or feelings did you experience curled in your shell?

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3. Today we pretended to be a turtle to access our inner feelings.  
What is another way to visit your home of feelings?

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Name \_\_\_\_\_

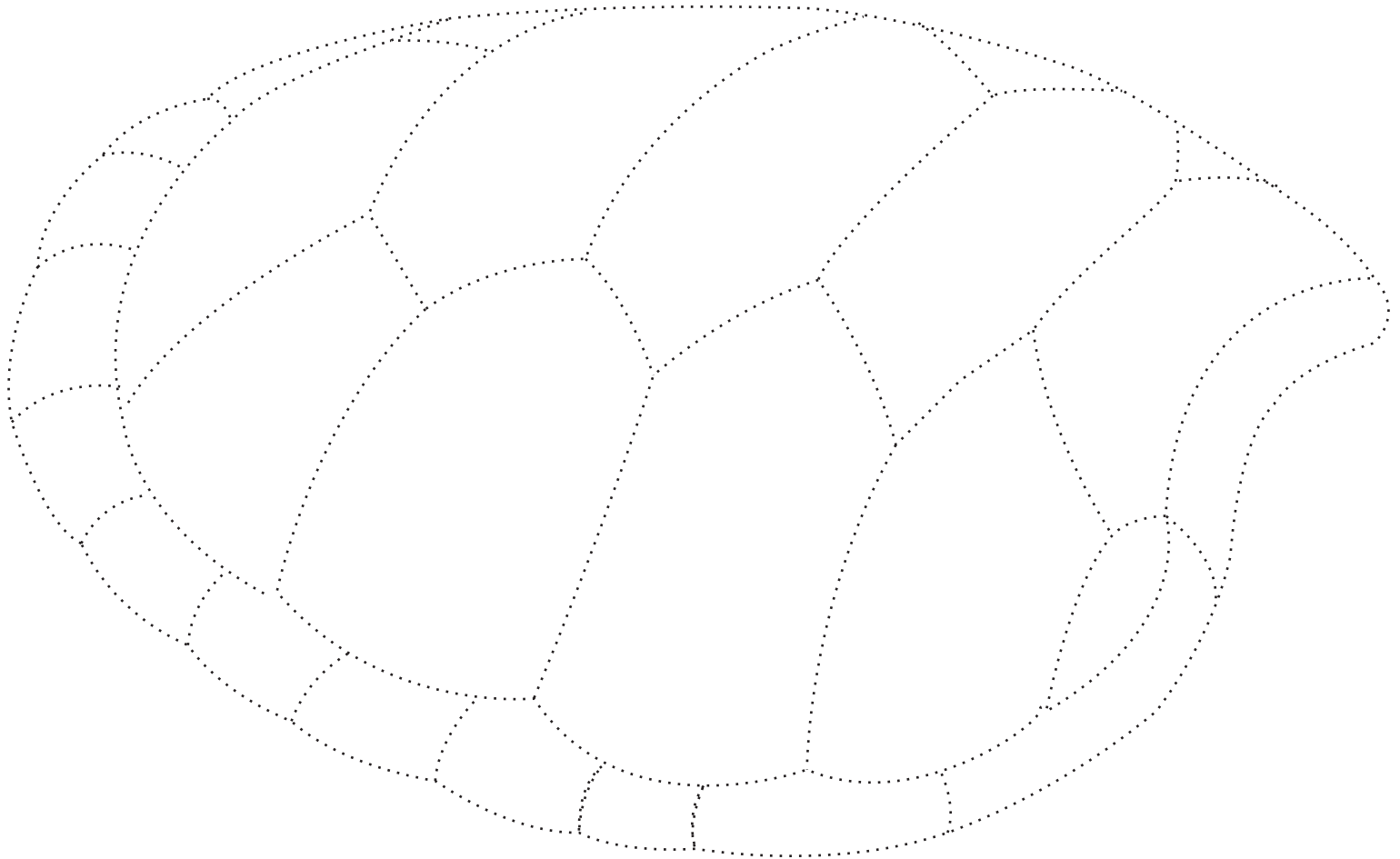
Date \_\_\_\_\_

mindfulness series

## A HOME INSIDE

**Below is the outline of a turtle shell.**

Color in the turtle shell with a different color for each feeling. Be sure to color mindfully. Label each feeling in the color key below.



### Color Key:

Color    Feeling



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

Color    Feeling



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



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