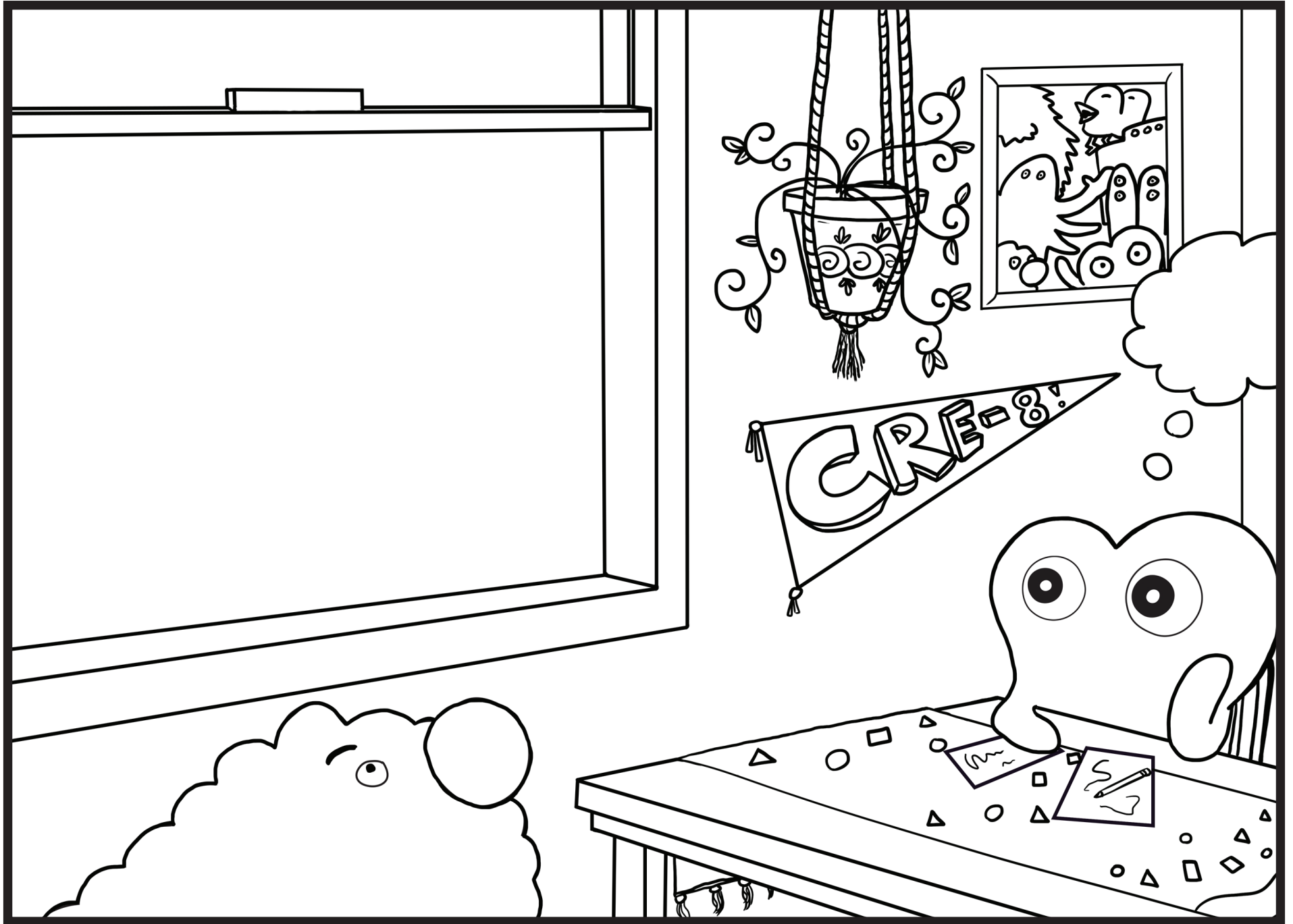# Mindfulness Moment

Let's take a moment to be mindful of our surroundings! Draw something you see outside your window, then sketch it for Aha! How does this make you feel? What color does this look like?