

THE PRESENT MOMENT

Name: _____

Date: _____

What does it mean to be present?

The word "present" can mean a gift, and it also describes what is happening right now, in the moment. Sit quietly and pay attention to what is happening using your five senses.

Reflect on what you experience below.

1. Right now, I see ...

2. Right now, I am touching ...

3. Right now, I hear ...

4. Right now I smell...

5. Right now, I feel ...

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What is the difference between the past, the present, and the future?

Below, write and/or draw about something that occurred in the past, might occur in the future, and something happening right now.

Past: _____

Present: _____

Future: _____
