



MINDFUL  
MR.  
SLOTH  
ACTIVITIES

Activities based on *Mindful Mr. Sloth*  
by Katy Hudson

capstone®



# A MINDFUL Nature Hunt



Go For A Walk Outside.  
Can You See A:

Snail ☐

Mushroom ☐

Butterfly ☐

Acorn ☐

Beetle ☐

Red Flower ☐

Slug ☐

White Flower ☐

Frog ☐

What Else? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# TIME FOR A MINDFUL MAZE!

Can you help Sasha and Mr. Sloth  
find a butterfly!

DON'T FORGET TO STOP AND SMELL THE FLOWERS AND LISTEN TO THE BIRD SING!



# TIME FOR A MINDFUL WORD SEARCH!



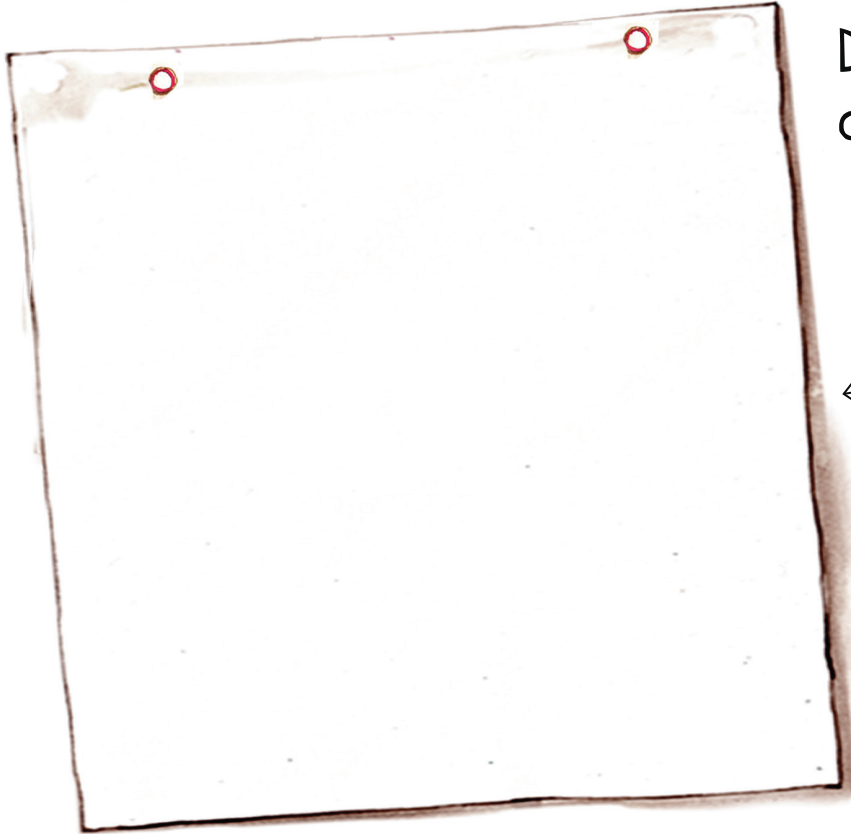
Find these  
words:

- SMELL
- LOOK
- LISTEN
- MINDFUL
- READ
- MR. SLOTH
- SLOW  
DOWN

M	U	B	E	G	I	H	S	S	P	V
E	R	O	N	Y	E	N	L	J	H	I
D	E	T	S	A	E	G	O	Q	M	T
L	A	E	D	P	R	V	W	S	I	N
E	D	S	M	E	L	L	D	E	N	T
K	H	I	R	A	O	H	O	F	D	L
S	L	O	D	F	O	A	W	J	F	S
M	G	Q	D	Z	K	F	N	P	U	I
E	I	C	S	X	O	U	F	M	L	E
L	U	U	L	M	K	B	L	O	E	Y
K	A	L	I	S	T	E	N	C	H	J
L	O	E	U	H	T	I	A	S	S	U
M	R	S	L	O	T	H	K	L	F	A
A	I	O	S	M	L	O	U	N	P	Z



# A MINDFUL WALK OUTSIDE



Did you hear  
any birds singing?

← Draw a picture of  
them here!

How many  
flowers did  
you see?

What did they  
smell like?

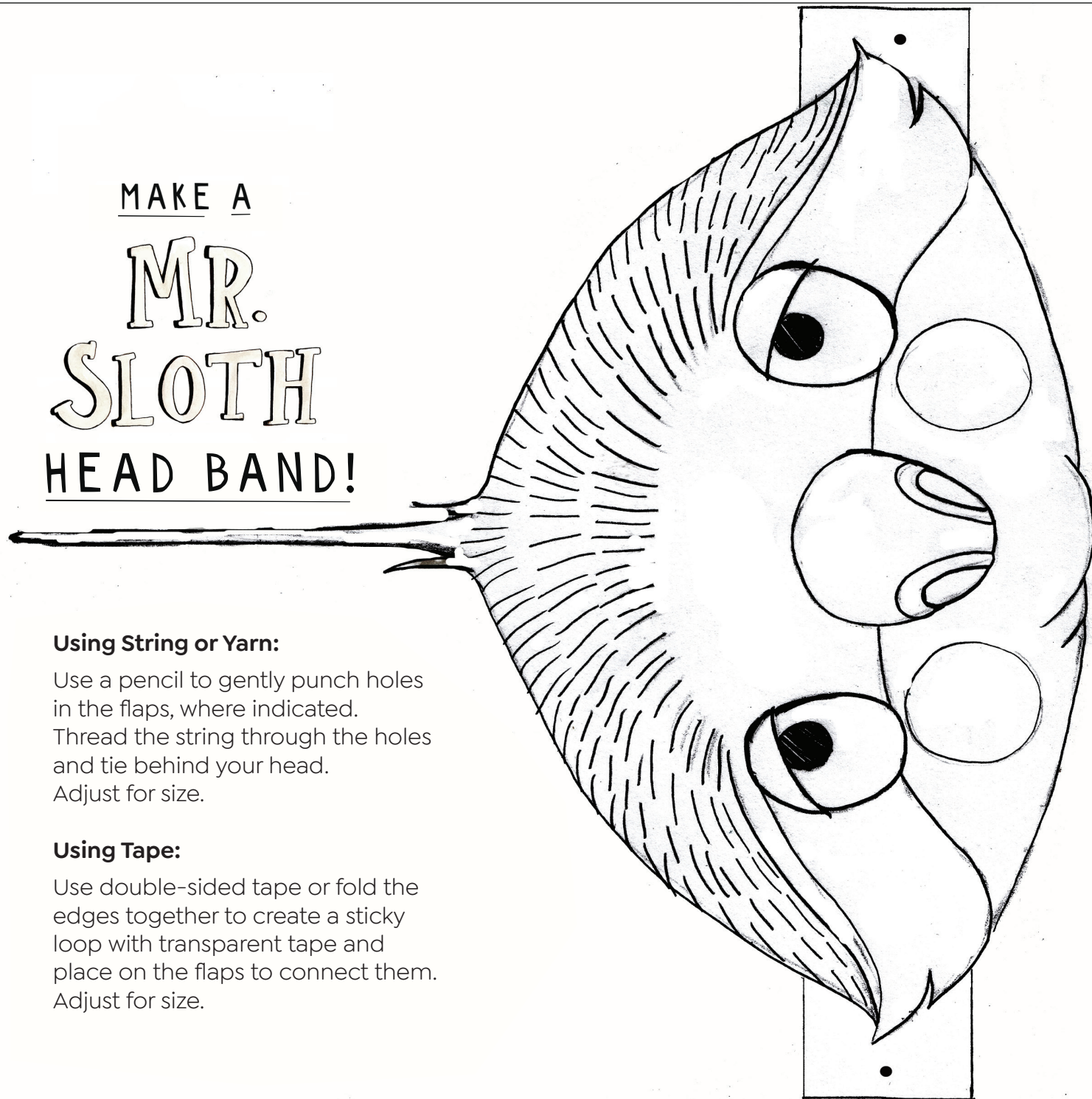
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What colors  
were they?

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# MAKE A **MR.** **SLOTH** HEAD BAND!



## **Using String or Yarn:**

Use a pencil to gently punch holes in the flaps, where indicated. Thread the string through the holes and tie behind your head. Adjust for size.

## **Using Tape:**

Use double-sided tape or fold the edges together to create a sticky loop with transparent tape and place on the flaps to connect them. Adjust for size.