

When I daydreamed, what thoughts  
did I notice?

# Mindful Scientists Journal



This book belongs to: \_\_\_\_\_



# Hello mindful scientists!

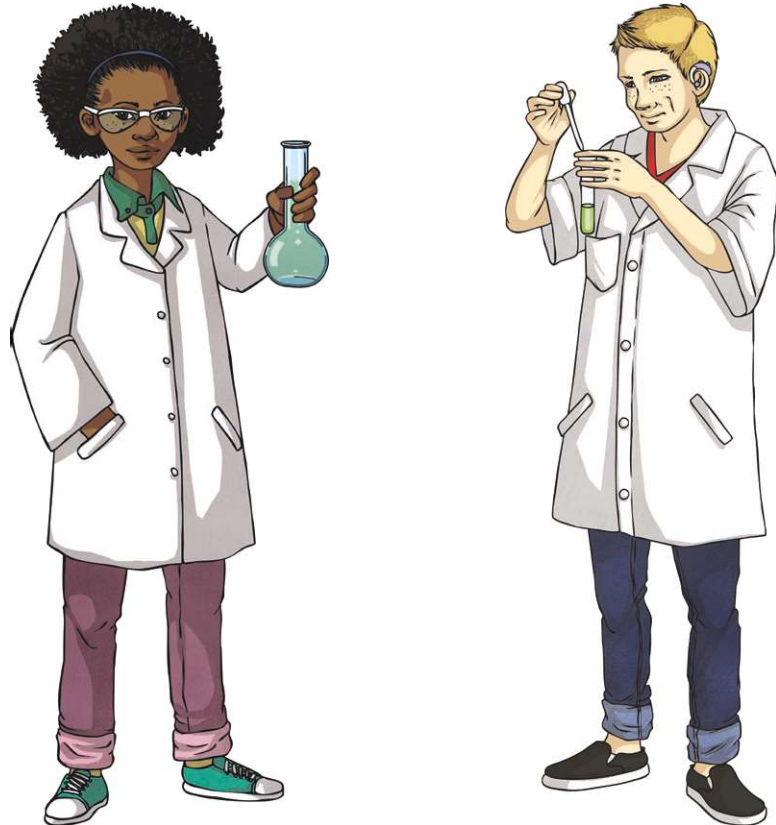
You are going to be doing 'mindful meditation experiments'.

These help us understand how we think and feel.

A scientist is always trying to understand new things.

They need somewhere to write down what happens in their experiments.

You can use words, pictures or doodles to explain what you have noticed.



How did it feel to focus on my breath?