

“Can You Notice Like Micah?”



A 5 Senses Mini Game for Mindful Kids

Hi, friend!

It's me—Micah the Macaw! I love using my senses to notice little things around me.

Want to play a game with me?

Let's see what YOU can spot using your eyes, ears, nose, hands, and even your tongue! 🌟

🌿 How to Play:

1. Look around you right now.
2. Try to find one thing for each of the items below.
3. You can play this game anywhere—at home, outside, or even in the car!
4. Go slow. Be curious. Notice like Micah. 🦜

✅ Let's Notice!

🔍 SEE:

- ☐ Something tiny
- ☐ Something with a fun shape
- ☐ Something with your favorite color

“Can You Notice Like Micah?”

✓ Let's Keep Noticing!

👂 HEAR:

- ☐ A quiet sound
- ☐ A rhythm or beat
- ☐ A voice or animal noise

👃 SMELL:

- ☐ Something sweet
- ☐ Something earthy
- ☐ Something you didn't notice before

👋 TOUCH:

- ☐ Something soft
- ☐ Something bumpy
- ☐ Something cold or warm

👅 TASTE: (Optional — only if you're eating!)

- ☐ Something juicy
- ☐ Something crunchy
- ☐ Something yummy you haven't had in a while



🌿 "The more I notice, the calmer I feel." – **Micah the Macaw**

Micah's Mindful Replay

What did you notice today? Can you remember it?

Draw it or write it below!

