

First, assign each mode a different colour: CARE SLOW SYNC FLOW

Next, colour objects below to link them to a mode/modes that you associate them with. If there are activities that are missing, add them to the page.

*Hint: Some objects may be more than one colour*



Cut and paste the coloured objects and sort them into the boxes below.

While doing this, think about what you do in your life and which mode you find the activities the most helpful for getting you into.

care

slow

sync

flow



After sorting the activities into the boxes, circle one activity per box that you think you would find the most helpful for getting into that mode.