

## GOAT: BEYOND THE GAME

Lesson Three – The Story  
of a Moment: Being Present

## COLLAGE

Think about a moment when you were really present in your life. This is a time when you weren't distracted and were really paying attention to what was happening around you. Use your senses to remember as many details as you can about this moment from your life.

What did you see? Colors, shapes, designs?

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What did you hear? Sounds, songs, familiar voices?

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What did you smell? Nature, food, flowers?

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What did you touch? Objects around you that were rough or smooth?

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**Use images to create a collage that represents this important memory.**