MAZE ACTIVITY

After a day of doing nothing with the lizard, Leyla is ready to return home to her loving family! Complete the maze to help Leyla find her way.
COLORING PAGE ACTIVITY

The lizard is busy doing nothing. Can you color him in?
A GUIDE TO DOING NOTHING

When Leyla’s family gets too noisy, she finds quiet with a lizard, who teaches her how to do nothing. With a friend or by yourself, practice doing nothing by following these simple steps.

Close your eyes and take five deep breaths.

With your eyes closed, think about three things you can hear.

With your eyes closed, think about three things you can smell.

With your eyes closed, think about three things you can feel.

With your eyes closed, try to think about nothing at all.

When you’re ready, open your eyes.