Explore the Five Senses with A Mindfulness Exercise

1. Sit comfortably and take a deep breath in through your nose and out through your mouth.

> 2. Now name 5 things in your mind that you see

4. Now name 3 things in your mind that you hear.

5. Now name 2 things in your mind that you smell.

6. Now name 1 thing in your mind that you taste.

3. Now name 4 things in your mind that you feel

7. Take another deep breath in through your nose and out through your mouth.

- Quick to do
- No equipment required
- No time and place limit

FOR RELAXATION
TO CONNECT WITH YOURSELF
FOR FOCUSING
TO REACH INSIDE YOURSELF



Co-funded by the European Union



"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."