

# 5 SENSES MINDFULNESS ACTIVITY



## Why?

Mindfulness is the act of living in the present moment without judgment. The key to embodying mindfulness is to turn into a keen observer, Engaging the 5 senses can help you take in the world around you. This exercise is a great way to slow down and ground yourself.

## How to:

This activity is very simple and requires no materials. Find a quiet comfortable spot. Start by taking 3 deep breaths and then begin engaging with your senses. Take note of 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. After about 3-5 minutes have the group come together and share what they noticed. Feel free to also share how you were feeling before and after this activity.



**5** things you  
can see



**4** things you  
can touch



**3** things you  
can hear



**2** things you  
can smell



**1** thing you  
can taste