

Five Senses Exercise



Five Senses Exercise is a form of practicing mindfulness quickly in nearly any situation. All you need is to notice something that you are experiencing with each of the five senses. It should be a quick and relatively easy exercise to help bring you to a mindful state. Follow the order of practice as it suggests

5. Notice **five** things you can **see** (pick something you don't normally notice)
4. **Four** things you can **feel/touch** (Bring awareness to four things you are feeling, texture of pants, a breeze)
3. **Three** things you can **hear** (listen and note three things in the background, such as a bird, traffic, something cooking)
2. **Two** things you can **smell** (are they pleasant or unpleasant)
1. **One** thing you can **taste**. What do you taste now?