

The Five Senses

Notice some things that you can SEE around you.

1. Look around you very carefully.
2. Point to as many things you don't normally notice (a shadow, the things on a top shelf, a crack....)
3. Write or draw them on your copybook.



Notice four things that you can FEEL.

1. Touch four things you are currently feeling (your trousers, smooth surface of a table you are resting your hands on, cushions.....)
2. Write or draw them on your copybook.



Notice three things that you can HEAR.

1. Listen to the sounds around you.
2. What can you hear in the background? (a bird singing, the motor of the refrigerator, the cars.....)
3. Write or draw them on your copybook.



Notice three things that you can SMELL.

1. What can you smell? (food, detergents, the dog.....)
2. Write or draw them on your copybook.



Notice one thing that you can TASTE.

1. Focus on one thing you can taste right now, in this moment. You can take a sip of tea, savor some chocolate, eat something, notice the current taste in your mouth.
2. Write or draw them on your copybook.

