

Five senses mindfulness

Use this exercise to help ground an individual in the present when they are feeling anxious and time is pressured. The goal is to notice something that they are currently experiencing through each of the main senses.

What are 5 things you can see? Look around you and notice five things you hadn't noticed before. Maybe a pattern on a wall, light reflecting from a surface, or an object in the corner of a room.

What are 4 things you can feel? Maybe you can feel the pressure of your feet on the floor, your shirt resting on your shoulders, or the temperature on your skin. Pick up an object and notice its texture.

What are 3 things you can hear? Notice all the background sounds you had been filtering out, such as an air-conditioning, birds chirping, or cars on a distant street.

What are 2 things you can smell? Maybe you can smell flowers, coffee, or freshly cut grass. It doesn't have to be a nice smell either: maybe there's an overflowing bin or the lunch hall.

What is 1 thing you can taste? Pop a piece of food in your mouth, sip a drink, eat a snack if you have one, or simply notice how your mouth tastes. "Taste" the air to see how it feels on your tongue.

The number for each sense is changeable and can be altered so that an individual may notice more of one sense that helps them to be calm. Also, try this exercise while doing an activity like washing dishes, listening to music, or going for a walk.



Notes: