

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.

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

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

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



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