



Activity 5.3

Five Senses Mindfulness Exercise

Objective:

- Provide guidelines to practice mindfulness quickly in any situation. The goal is simply to pay attention to what one is experiencing with each of the five senses.

Steps:

Guide participants:

1. Notice five things you can *see*. Look around you and bring your attention to five things that you can see. Pick something that you do not normally notice, like a shadow or a small crack in the concrete.
2. Notice four things that you can *feel*. Bring awareness to four things that you are currently feeling, like the texture of your pants, the feeling of the breeze on your skin, or the smooth surface of a table on which your hands are resting.
3. Notice three things that you can *hear*. Take a moment to listen and note three things that you hear in the background. This can be the chirp of a bird, the hum of the refrigerator, or the faint sounds of traffic from a nearby road.
4. Notice two things you can *smell*. Bring your awareness to smells that you usually filter out, whether they are pleasant or unpleasant. Perhaps the breeze is carrying a whiff of pine trees if you are outside, or the smell of a fast-food restaurant across the street.
5. Notice one thing you can *taste*. Focus on one thing that you can taste at this moment. You can take a sip of a drink, chew a piece of gum, eat something, notice the current taste in your mouth, or even open your mouth to search the air for a taste.