



Five Senses Awareness

You can do this sitting or standing. First, bring your attention to anything around you that you can see. Look around. Take your time to notice what is in your environment....Now bring your eyes to rest on one steady spot, or if it's comfortable, close your eyes. See if you can remember what you saw around you. Picture it in your mind and hold it there for a moment or two.

Now imagine opening your ears wide and listen for any sounds around you that you can hear. They can be far away sounds outside of this room, close by sounds, or even the sounds being made by your own body.

Next pay attention to what you can smell. There might be good smells, or bad smells, or some of each in the air. Take a few slow inhales, and see if you can find one or more scents in the air around you.

Now focus on what you can taste. First notice what tastes you can perceive while your mouth is closed. Does the taste change if you move your tongue around your mouth? Does it change if you open your mouth?

Finally, bring your attention to what you can feel. What part of your body is connected with the ground? How do you feel the pressure on the place where you are being held? If you check in with the muscles of your body, can you notice any other feelings? How about the feeling of your clothes on your skin? The air on your face? Do you have glasses, jewelry, or anything else on your body that is creating a sensation?

Take a few slow breaths, and when you are ready, open your eyes or look up.



FIVE SENSES

Five Senses Awareness

Use the space below to write about or draw what you can experience with each of your senses right now.

Seeing

Hearing

Smelling

Tasting

Feeling