

# 5 SENSES MINDFULNESS



## PURPOSE:

### Why?

Mindfulness is the act of living in the present moment without judgment. The key to embodying mindfulness is to turn into a keen observer, Engaging the 5 senses can help you take in the world around you. This exercise is a great way to slow down and ground yourself.

## HOW TO:

### Materials & Budget

This activity is very simple and requires no materials!

### Instructions

- Find a quiet comfortable spot in the room either spreading out or sitting in your seats.
- Start by taking 3 deep breaths and then begin engaging with your senses.
- Take note of 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- After about 3-5 minutes have the group come together and share what they noticed. Feel free to also share how you were feeling before and after this activity.

### Timeline

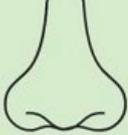
Little planning in advance is needed to conduct this activity!

## Impact

This activity is great for club meetings as it's relatively quick & easy to do after a club presentation!

## Example(s)

**5 - 4 - 3 - 2 - 1**  
**GROUNDING EXERCISE**

	<b>5</b>	Things you can <b>SEE</b>
	<b>4</b>	Things you can <b>FEEL</b>
	<b>3</b>	Things you can <b>HEAR</b>
	<b>2</b>	Things you can <b>SMELL</b>
	<b>1</b>	Things you can <b>TASTE</b>

Post photos from this activity to your club  
Instagram and tag @bc2mhighschool

