

Use Your Senses...



Mindfulness is about quietening the mind and giving full attention to the present moment. This can really help to keep us calm. Use your senses to help you practice mindfulness.

GROUNDING WITH YOUR FIVE SENSES

What can I see

5

THINGS YOU CAN SEE



SUN
PICTURE ON THE WALL
PEOPLE WALKING

4

THINGS YOU CAN FEEL



WIND BLOWING
FEET ON THE FLOOR
PENCIL IN HAND

3

THINGS YOU CAN HEAR



BIRDS CHIRPING
CLOCK TICKING
CAR HORNS

2

THINGS YOU CAN SMELL



FOOD FROM THE CAFETERIA
LAUNDRY DETERGENT ON CLOTHES
FRESH CUT GRASS

1

THING YOU CAN TASTE

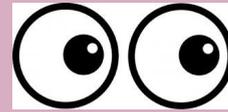


MINT
Breakfast
TOOTHPASTE



If you wanted you could draw some of the things that you thought about...

Visual



Sitting in a Mindful posture, rest your hands on your tummy.

Look around you and notice five things that you can see.

Notice which objects in your environment your eye is most drawn to.

Rest a soft gaze (out or focus) on a spot directly in front of you and slightly up.

Rub your hands together and feel the warmth on your palms. Now interlink your fingers and rub your hands toward and away from you. Are your palms even hotter?

Place your warm palms over your eyes. Feel the warmth flowing into your eyes.

What can you see inside?

Is it colourful? Does it sparkle? How does it feel when your eyes are warm?

Think of five things you can imagine: a flower, a tree, a book, a television and a cat.

Open your eyes and smile at someone.

Auditory



Listen (with your eyes closed if you way). Notice four things that you can hear. It may be the noises outside or people moving about. It may be the sounds of a fan in the room. It may be the sounds of music playing or the sound of my voice.

Rub your hands together and feel the warmth on your palms. Now interlink your fingers and rub your hands toward and away from you. Are your palms even hotter?

Place your warm palms over your ears. Feel the warmth flowing into your ears.

What can you hear inside? Are there buzzing or humming sounds?

How does it feel when your ears are warm?

Think of four things you like to hear: birds singing, waves on the a beach, music, television and someone's voice.

Open your eyes and smile at someone.

Book resource used:

Teaching Mindfulness in Schools by Penny Moon