

MINDFUL SENSES

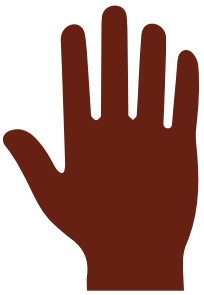


Lets sit quietly and focus on what is going on around us!
Can you use your 5 senses to explore your surroudings?

List 5 things you can see



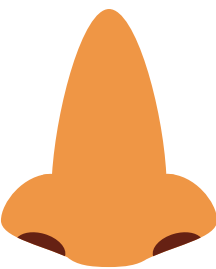
List 4 things you can feel



List 3 things you can hear



List 2 things you can smell



List 1 thing you can taste

