

MINDFULNESS

SEE

Pause and look. What do you see?
Identify 3 distinct visuals.

1. _____

2. _____

3. _____

HEAR

Pause and listen. What do you hear?
Identify 3 distinct noises.

1. _____

2. _____

3. _____

TOUCH

Pause and feel. What are you touching?
Identify 3 distinct sensations.

1. _____

2. _____

3. _____

TASTE

Pause and think. What are your favorite tastes?
Identify 3 distinct flavors.

1. _____

2. _____

3. _____

SMELL

Pause and inhale. What do you smell?
Identify 3 distinct scents.

1. _____

2. _____

3. _____

IMAGINE

Close your eyes and imagine a safe space.
Identify 3 things about the space.

1. _____

2. _____

3. _____