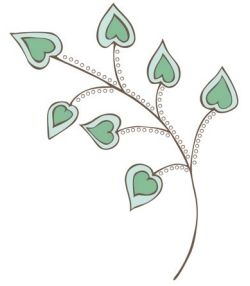


5 by 5 Mindfulness Activity



Mindfulness inspires you to expand your thoughts of the current moment without judgement.

Take a minute to be aware of what is going on around you right now.

Directions:

Using your 5 primary senses of sight, sound, smell, taste and touch, write down 5 words or phrases that best describe what you are sensing in the present moment.

What can you SEE:

- 1)
- 2)
- 3)
- 4)
- 5)

What can you HEAR:

- 1)
- 2)
- 3)
- 4)
- 5)

What can you SMELL:

- 1)
- 2)
- 3)
- 4)
- 5)

What can you TASTE:

- 1)
- 2)
- 3)
- 4)
- 5)

What can you FEEL:

- 1)
- 2)
- 3)
- 4)
- 5)