Activity 3

Five Senses Mindfulness Exercise

Objective:
- Provide guidelines to practice mindfulness quickly in any situation. The goal is simply to pay attention to what one is experiencing with each of the five senses.

Steps:
Guide participants:
1. Notice five things you can see. Look around you and bring your attention to five things that you can see. Pick something that you do not normally notice, like a shadow or a small crack in the concrete.
2. Notice four things that you can feel. Bring awareness to four things that you are currently feeling, like the texture of your pants, the feeling of the breeze on your skin, or the smooth surface of a table on which your hands are resting.
3. Notice three things that you can hear. Take a moment to listen and note three things that you hear in the background. This can be the chirp of a bird, the hum of the refrigerator, or the faint sounds of traffic from a nearby road.
4. Notice two things you can smell. Bring your awareness to smells that you usually filter out, whether they are pleasant or unpleasant. Perhaps the breeze is carrying a whiff of pine trees if you are outside, or the smell of a fast-food restaurant across the street.
5. Notice one thing you can taste. Focus on one thing that you can taste at this moment. You can take a sip of a drink, chew a piece of gum, eat something, notice the current taste in your mouth, or even open your mouth to search the air for a taste.