

# 5-4-3-2-1 Mindfulness

Using your five senses is a great way to shift your attention to what is happening in the present moment around you. Use this exercise when your mind is stuck thinking about things that happened in the past or things that might happen in the future.



Name five things **you can see**



Name four things **you can feel**



Name three things **you can hear**



Name two things **you can smell**



Name one thing **you can taste**