

Five Senses Exercise

This exercise is called “five senses”, and provides guidelines on practicing mindfulness quickly in nearly any situation. All that is needed is to notice something you are experiencing with each of the **five senses**.

Follow this order to practice **the five senses exercise**:

- Notice five things that you can **see**.

Look around you and bring your attention to five things that you can see. Pick something that you don't normally notice, like a shadow or a small crack in the concrete.

- 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 you are resting your hands on.

- Notice three things 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.

- Notice two things you can **smell**.

Bring your awareness to smells that you usually filter out, whether they're pleasant or unpleasant. Perhaps the breeze is carrying a whiff of pine trees if you're outside, or the smell of a fast food restaurant across the street.

- Notice one thing you can **taste**.

Focus on one thing that you can taste right now, in this moment. You can take a sip of a drink, chew a piece of gum, eat something, or just notice the current taste in your mouth or open your mouth to search the air for a taste.

Set a goal day