



Mindful Me

5 Senses Grounding Exercise

Take a slow breath in... and out.
Let's notice the world around us. ♥



SEE ✧

Find 5 things you can see right now.

- 1
- 2
- 3
- 4
- 5



FEEL

Notice 4 things you can physically feel — your chair, your clothes, the air.

- 1
- 2
- 3
- 4



HEAR

Listen for 3 sounds — near or far.

- 1
- 2
- 3



SMELL

Can you notice 2 smells? Even if it's just the air.

- 1
- 2



TASTE

What's 1 taste in your mouth right now?

- 1

When we pause and notice our senses, we help our mind feel calm, focused, and present.

www.mindfulmeproject.com

[mindfulmeproject](https://www.instagram.com/mindfulmeproject)



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Mindful Me Reflection

How do I feel right now?

What is one thing I am grateful for today?

What helped me feel calm?

One kind thing I can do today:

■ Take a deep breath. You are doing great. ■

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