

## Come To Your Senses

### Instructions

Guided by the content as described online, read the following instructions to lead this simple mindfulness exercise.

Here's a suggested script you can follow and adapt as required:

- Once you are seated comfortably, take these next few seconds to relax.
- Let us take a few deep breaths to relax and shift our attention to the present moment.
- Make note of how you're feeling in this moment and notice any thoughts or sensations arising.
- Take a deep breath in and out.
- Now, I invite you to look around and find five things that you can see.
- What do you notice first?
- Now, let's open our ears. What are four things that you hear around you?
- Do you hear any cars, people talking? The sound of the wind? What do you notice?
- Now, let's move on to the nose. Breathe in.
- What are three things that you can smell?
- Let's now shift our focus to our touch. Feel your hands and fingers. What are two things that you feel?
- Maybe you feel something on your skin elsewhere— your arms, feet, or face? Take note of what you notice.
- Let's now focus on taste. What is one thing that you can taste right now?
- Lastly, let's do a final check in - how are you feeling after the activity?
- Did you notice a difference between when you started and after you completed it?
- When you're ready, I invite you to slowly open your eyes and come back to the group.
- If you're comfortable, we'll take some time to share your experience with the group.

### Source

This guided mindfulness activity was inspired by Lisa Hughes and the [Five Senses Mindfulness Exercise](#) from the University of Vermont Medical Center, USA.