

Five Senses Mindfulness Exercise

Go outside to a safe space



Try and find 5 different shades of the colour green. Look around you and notice the different shades of colours that surround us. Maybe the light reflecting off wet grass causes a colour change, or a shadow on the underside of a leaf. What about the different patterns on plants, such as their veins?



Listen for a few minutes and identify 4 different sounds

Notice any background sounds that you might normally filter out, such as birds singing, the wind rustling through leaves, any water flowing nearby.



Find 3 different textures that you can feel

Pick up an object such as a stone or a leaf, notice how it feels. Look for other items such as lichen on dead wood, or the bark on a tree.

Do these things feel wet/dry, hot/cold, hard/soft, smooth/bumpy?



Find two different smells

Move around your environment and find something that might have a different scent. Can you find flowers to smell, or pull up some grass to remind you of mown lawns in the summer. Are there any trees around you? Lots of these have very different scents.



Taste the air

Take a big breath in and notice the cold air passing over your tongue, down your throat and into your lungs. Can you notice a taste in the air? Different environments have different tastes, especially if it has been raining heavily or has been very sunny. Notice what the air tastes like where you are. As you exhale, notice how the air has been warmed up by your body, as it passes out through your mouth.

