

## MINDFULNESS

# 5-4-3-2-1



## Ingredients

- A quiet space
- Some time

## Method

1. **Find a quiet spot and sit down.** (It can be indoors too) This practice can be for as long or as short as you'd like.
2. **Place a hand on your tummy.** Take some calming breaths, The 4-7-8 method is good. (inhale for 4, hold for 7, exhale for 8 or for children inhale for 4, hold for 2 and slowly exhale.
3. **Start to look around you** and see what you notice. Take in the space and begin to connect to it through working through your senses one by one;

- ❖ Notice 5 items
- ❖ Listen for 4 sounds
- ❖ Feel 3
- ❖ Smell 2
- ❖ Taste 1

### Questions to extend the practice:

- ❖ Notice whether what you have observed, felt, heard etc are far away, in the middle distance or up close.
- ❖ What do you notice about them?
- ❖ What caught your attention?
- ❖ What part of your body can you feel them on, are the constant or just temporary, is it pleasant or uncomfortable?
- ❖ Take a deep inhale through your nose.
- ❖ Take an inhale through your mouth. What can you taste in the air or something that's already in your mouth?

## Tips

When encouraging calming breaths, ask the kids to fill their belly balloon with air

This exercise is perfect to do with kids. When you first start they love to shout out all the things they can hear and see. Encourage them to hold up 5 fingers and when they see something put one finger down and keep going until they get to no fingers left up. Over time they tune into the process and it becomes less about being the first person to find 5 things and more about the interesting things that they've seen, heard, felt, smelled and tasted.

