

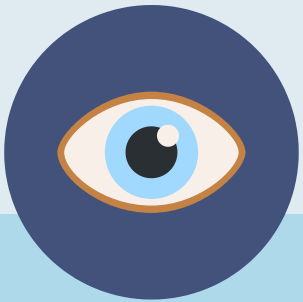
TAKE A MINDFUL MOMENT!

Five Senses Worksheet

Name: _____

MINDFULNESS IS SIMPLY... NOTICING WHAT IS HAPPENING RIGHT NOW

LIST THE THINGS YOU HAVE
OBSERVED USING YOUR FIVE SENSES.



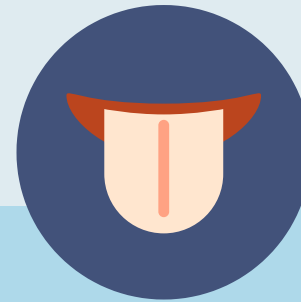
SEE



SMELL



TOUCH



TASTE



HEAR



Rock Creek
WELLNESS

Learning to love...You!