

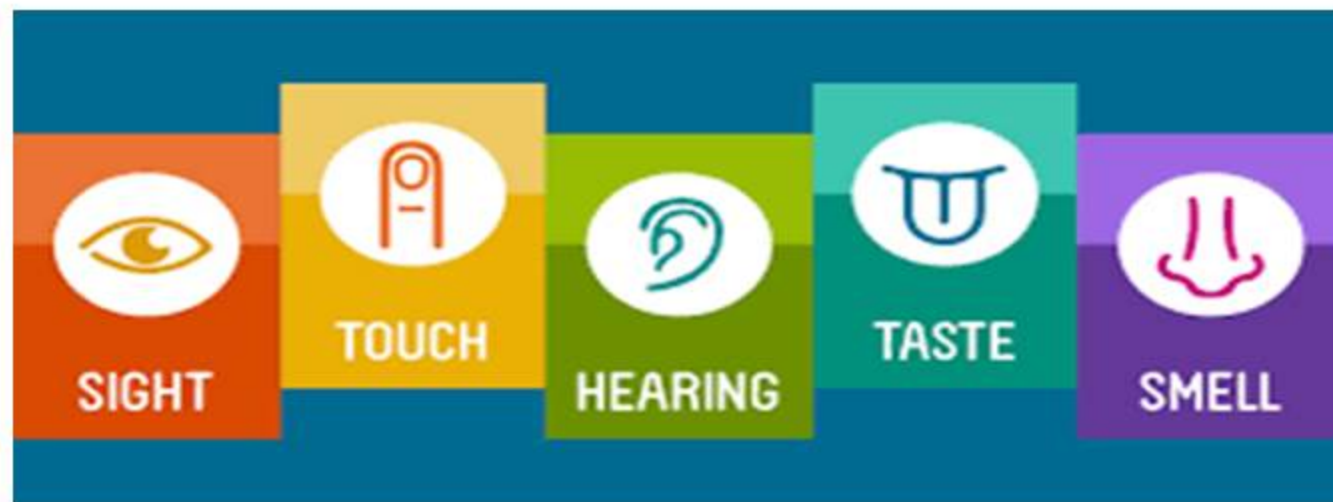
Practising Mindfulness

5.4.3.2.1 Technique:

A simple way to practise being mindful of our senses and what is going on around us is the 5.4.3.2.1 technique. This activity can also work as a means of distracting us if our thoughts are becoming unhelpful. You can either list the things or say them out loud if doing the activity.

At this moment in time, name...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste.



@HeadStartKent

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