



Jasmine Loo Psychology

Celebrating neurodiversity

Five Senses Grounding Exercise

This exercise provides guidelines on practicing mindfulness quickly in nearly any situations. Start by spending a minute or two just bringing your awareness to your breath (e.g., noticing the rise and fall of your chest or the air going in and out of your system).

- Notice five things that you can **see**.

Look around you and bring your attention to five things that you can see. Pick something that you don't normally notice, like a shadow or a small crack in the concrete.

- Notice four things that you can **feel**.

Bring awareness to four things that you are currently feeling in your body, using your sense of touch, like the texture of your pants, the feeling of the breeze on your skin, or the smooth surface of a table you are resting your hands on.

- Notice three things you can **hear**.

Take a moment to listen, and note three things that you hear in the background. This can be the chirp of a bird, the hum of the refrigerator, or the faint sounds of traffic from a nearby road.

- Notice two things you can **smell**.

Bring your awareness to smells that you usually filter out, whether they're pleasant or unpleasant. Perhaps the breeze is carrying a whiff of pine trees if you're outside, or the smell of a fast food restaurant across the street.

- Notice one thing you can **taste**.

Focus on the current taste in your mouth or open your mouth to search the air for a taste.

Once again, bring your awareness back to your breath for a minute or two.

