

SENSORY OBSERVATION

This practice only takes a few moments. Sensory Observation helps to become aware of your surroundings, which may support you in feeling more grounded, balanced, or less stressed out. You may start by finding a quiet place where you won't be disturbed, or, maybe you practice this in a public area when you feel overwhelmed or stressed. You can practice this as many times per day as you choose. Repeat once, or more, if you choose.

- What are **5** things you can **see**?
- What are **4** things you can **touch**?
- What are **3** things you can **hear**?
- What are **2** things you can **smell**?
- What is **1** thing you can **taste**?

Notice how you feel after this practice. There is no right or wrong answer.
Are there certain senses that are easier or harder to work through? If so, which ones?

Feel free to increase the number of items.
Make it your own, in whatever way you choose, if you like!