

FIVE SENSES

5 simple steps to anchor back into the present moment



name 5 things
you can see

1.

2.

3.

4.

5.

5 LOOK



name 4 things
you can feel

1.

2.

3.

4.

TOUCH



4



name 3 things
you can hear



1.

2.

3.



LISTEN

3

name 2 things
you can smell

1.

2.



SMELL

2

name 1 thing
you can taste



TASTE

1.