

# Using my senses mindfully

In the information sheet titled 'How To Use Our Senses Mindfully', we explored how we can use our senses to practice mindfulness. Mindfulness is an excellent technique to help calm us down when we are experiencing difficult emotions.

Write down how you can use your senses mindfully

## 5 things I can see

- 1.
- 2.
- 3.
- 4.
- 5.

## 3 things I can hear

- 1.
- 2.
- 3.

## 2 things I can smell

- 1.
- 2.

## 4 things I can touch

- 1.
- 2.
- 3.
- 4.

## 1 thing I can taste

- 1.