



NOTICE FIVE THINGS (EXERCISE)

Notice Five Things is a mindfulness exercise that we can practice to help us feel more centered when things are difficult. Please refer to Notice Five Things Script for additional information and to practice this technique in your mind. If it helps to write things down, here's an alternative way to connect with your senses.

Write or draw 5 things you can see.	Write or draw 5 things you can hear
Write or draw 5 things you can smell	Write or draw 5 things you can feel.
Write or draw 5 things you can taste.	

Things to ask yourself, or talk about

Did focusing on my senses affect my thoughts about things that are worrying me? If so, how?

