

- 5
- 4
- 3
- 2
- 1

# Mindfulness Exercise

Start with 3 slow & quiet deep breaths.

5

List 5 things you can SEE.



4

List 4 things you can FEEL.



3

List 3 things you can HEAR.



2

List 2 things you can SMELL.



1

List something positive about yourself.



Take 3 more slow & quiet deep breaths.