

## SENSORY AWARENESS Mindfulness Activity



### DIRECTIONS

1. Begin by tracing your hand on a piece of paper and label each finger as one of the five senses.
2. Then take each finger and identify something special and safe representing each of those five senses.
3. *For example:* Thumb represents sight and a label for sight might be butterflies or my middle finger represents the smell sense and it could be represented by lilacs.
4. When you are complete, post this tool in a safe places where it can be easily seen. Do your best to memorize what you have written.
5. Whenever you get triggered, breathe deeply and slowly, and put your hand in front of your face where you can really see it – stare at your hand and then look at each finger and try to do the five senses exercise from memory.