

5 Senses + Mindful Walk

Time Needed:	10 minutes
Group Size:	any
Objectives:	For students to become mindful of their five senses while walking, to move their body, find calm and quiet.
Materials:	n/a
Links/Resources:	Adapted from InsightTimer Blog (https://insighttimer.com/blog/54321-grounding-technique/)
Recommended Grade:	any
Activity Description <ul style="list-style-type: none">• <i>Invite students to find a comfortable position sitting in their chairs.</i>• <i>Invite them to take a few deep breaths, feeling their feet on the ground and bum in their chair</i>• <i>Explain to students that before we begin, this will be a silent activity, as they need to focus on their own individual sensory experience to participate</i>• <i>Walk through the 5 sensory experiences they have in this present moment:</i><ul style="list-style-type: none">○ <i>Ask participants to (in their mind, without sharing):</i><ul style="list-style-type: none">▪ <i>Find 5 things in the room you can SEE with your EYES</i>▪ <i>Find 4 sounds in the room you can HEAR with your EARS</i>▪ <i>Find 3 things you can FEEL with your BODY</i>▪ <i>Find 2 things you can SMELL with your NOSE</i>▪ <i>Find 1 thing you can TASTE in your MOUTH</i>• <i>Afterwards, encourage them to stay quite - explain to students they will now be individually going for a silent walk around their house (or back yard if you like), try to explore different rooms or areas they don't normally give much attention to. While they walk, encourage them to continue to use their 5 senses, this should take roughly 1-2 minutes</i>• <i>They also have the choice to fill out the table below and take a photo to upload to google classroom, OR have the table electronically available for them to plug in their answers.</i>• <i>As a follow up, students can discuss the following reflection questions as a class using google meet or individually directly to the teacher.</i>	
Question for Reflection	<ol style="list-style-type: none">1. Go through each sense again while asking participants to openly share things they noticed from each sense (example: "I noticed my shoes on the ground," "I noticed a hole in the wall," "I heard the clock ticking" etc.)2. Discuss how this changed their experience of walking, and how this felt for them.3. What new things did they notice in their house they aren't used to seeing.

5 senses worksheet

<p>5 things you can feel</p> 	<ol style="list-style-type: none">1.2.3.4.5.
<p>3 things you can smell (try to describe it)</p> 	<ol style="list-style-type: none">1.2.3.
<p>5 things you have never seen before</p> 	<ol style="list-style-type: none">1.2.3.4.5.
<p>3 things you can hear as you walk around</p> 	<ol style="list-style-type: none">1.2.3.