

5 Senses Remotely

Time Needed: 10 minutes

Objectives: Students increase focus and present moment awareness and find calm by activating their five senses

Materials: N/A

Links/Resources: Adapted from InsightTimer Blog (<https://insighttimer.com/blog/54321-grounding-technique/>)

Activity Description

- *This activity has been adapted for you to do with your students online such as on Google Hangout*
- *Make sure to limit the amount of distraction/noise around you during this exercise*
- *After all students are added to the video chat, ask them to mute their microphones to avoid distraction to others*
- *Invite students to find a comfortable position sitting in a chair.*
- *Invite them to take a few deep breaths, feeling their feet on the ground and bum in their chair*
- *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 and remind them to mute their microphones*
- *Walk through the 5 sensory experiences they have in this present moment:*
 - *Ask participants to (in their mind, without sharing):*
 - *Find 5 things in the room you can SEE with your EYES*
 - *Find 4 sounds in the room you can HEAR with your EARS*
 - *Find 3 things you can FEEL with your BODY*
 - *Find 2 things you can SMELL with your NOSE*
 - *Find 1 thing you can TASTE in your MOUTH*
- *Afterwards: Remind students this practice is accessible for them when their thoughts are racing or they are feeling anxious. If they are ruminating on something negative or are thinking about the past or future, this practice will bring them back to the present moment and quiet their mind.*

Question for Reflection

Now you can ask students to unmute their microphones and you will be asking them a few questions to reflect on their experience. Tell students they can either share outloud or they can write their answers down on a piece of paper if that feels more comfortable:

1. Go through each sense again while asking students what 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.). Share openly or write it down.
2. Discuss how they felt prior and after the exercise, did they notice any changes? Share openly or write it down.

Please feel free to adapt these activities further to fit the needs of your students. You can lead them through the activities as outlined or even give them as individual or group (online) assignments