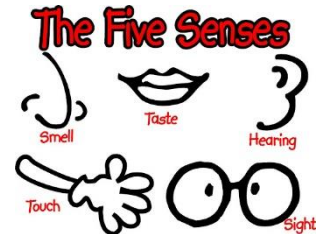


The Five Senses Game

A simple and easy game for all the family.



The goal of this game is to calm your mind by using your five senses to focus on the environment around you instead of your thoughts.

Let's go through our senses and find out how to play it.

- **Sight**

Notice 5 things that you can **see**.

Look around you and find things inside and outside. Try and find something that you don't usually notice.

- **Touch**

Notice 4 things you can **feel**.

How does it feel? What is the texture? How does it feel when you touch it with your hands and then your feet? Go into the garden or open the window and notice how the wind feels blowing on your face.

- **Sound**

Notice 3 things that you can **hear**.

Listen for sounds in the background that you don't normally notice. It could be the birds chirping outside or an appliance humming in the next room.

- **Smell**

Notice 2 things you can **smell**.

Is it a pleasant or unpleasant smell? Try and catch a whiff of the flowers and trees outside or food cooking in the kitchen.

- **Taste**

Notice 1 thing you can **taste**.

Take a sip of a drink, notice the minty taste of your toothpaste or find something sweet or sour in the kitchen.

*This is a quick and easy exercise to use when your mind is feeling busy or you are struggling with your emotions.