

Name: _____

Date: _____



5-4-3-2-1 Exercise

Gazing around the room, use your senses to notice your environment. Write down what stands out to you. If you have a hard time with one sense, use another again to fill that spot.

5 things you see



4 things you could touch



3 things you could hear



2 things you could smell



1 thing you could taste


