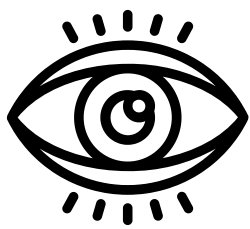


5 senses - 5 steps to



# MINDFULNESS



Notice five things  
you can see.



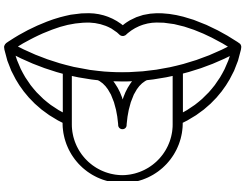
Notice four things  
you can feel.



Notice three things  
you can hear.



Notice two things  
you can smell.



Notice one thing you  
can taste.



How are you feeling?