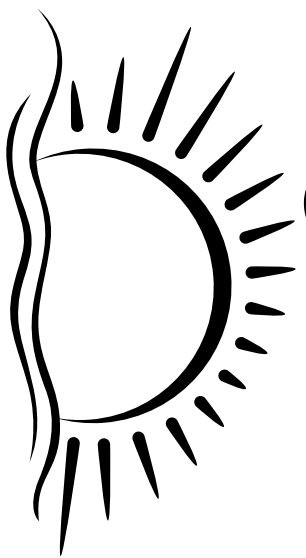


# Mindfulness Senses

## Cards

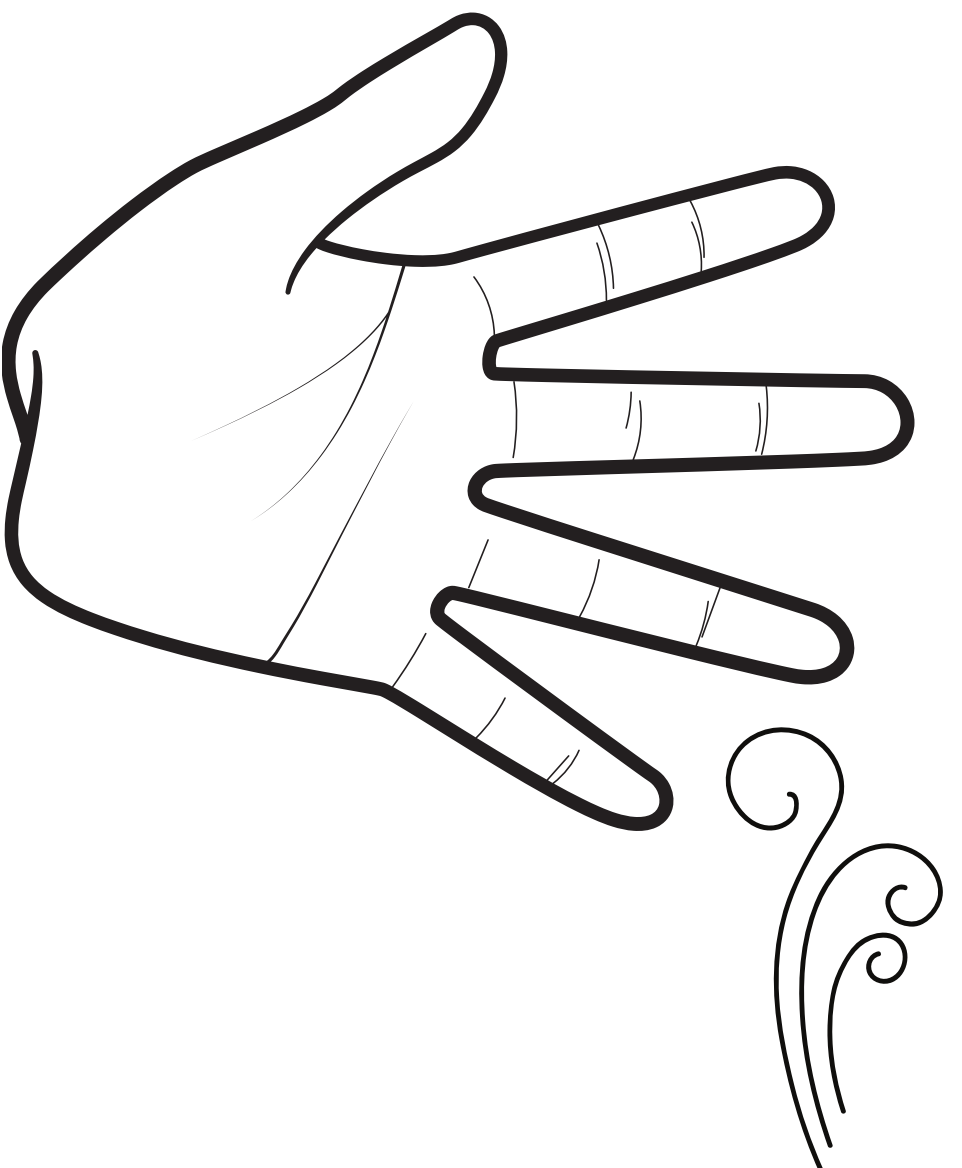


Noticing our sense helps us be present in the moment. This can help us relax, calm and become more focused.

Cut these cards out, colour them and keep them somewhere handy so when you feel anxious or overwhelmed they can help you refocus.

Maybe go on a 'noticing' walk and see which of the senses you can notice.

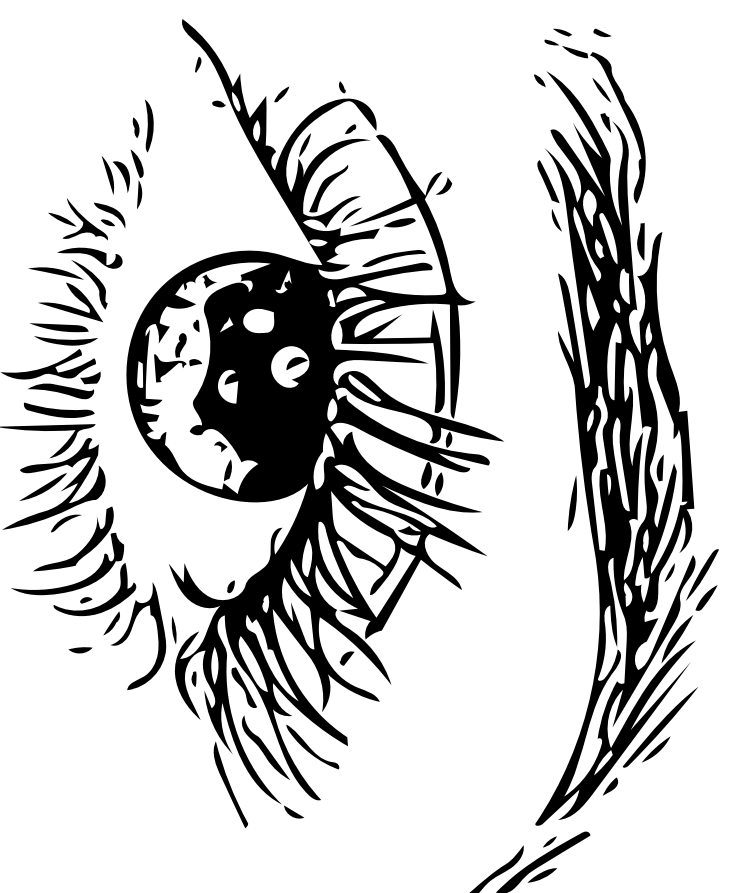
*I can feel touch...*



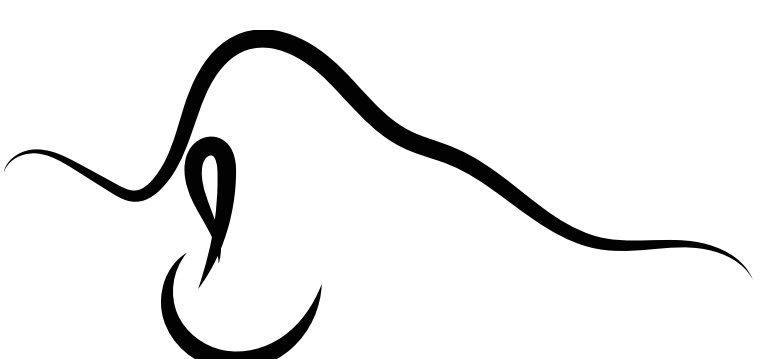
*I can hear...*



*I can see...*



*I can smell...*



*I can taste...*

