

# 5-4-3-2-1

- Sit on your chair and close your eyes, then open them and look around
- What are **5** things you can **see**? Look for small details like the patterns on the wall or objects
- What are **4** things you can **feel**? Notice how your body feels, the clothes on you, the chair beneath you
- What are **3** things you can **hear**? Perhaps the traffic, a ticking clock, wind
- What are **2** things you can **smell**? In the room or imagine the smells beyond the room
- What is **1** thing you would like to **taste**? Imagine it in your mouth and how that feels