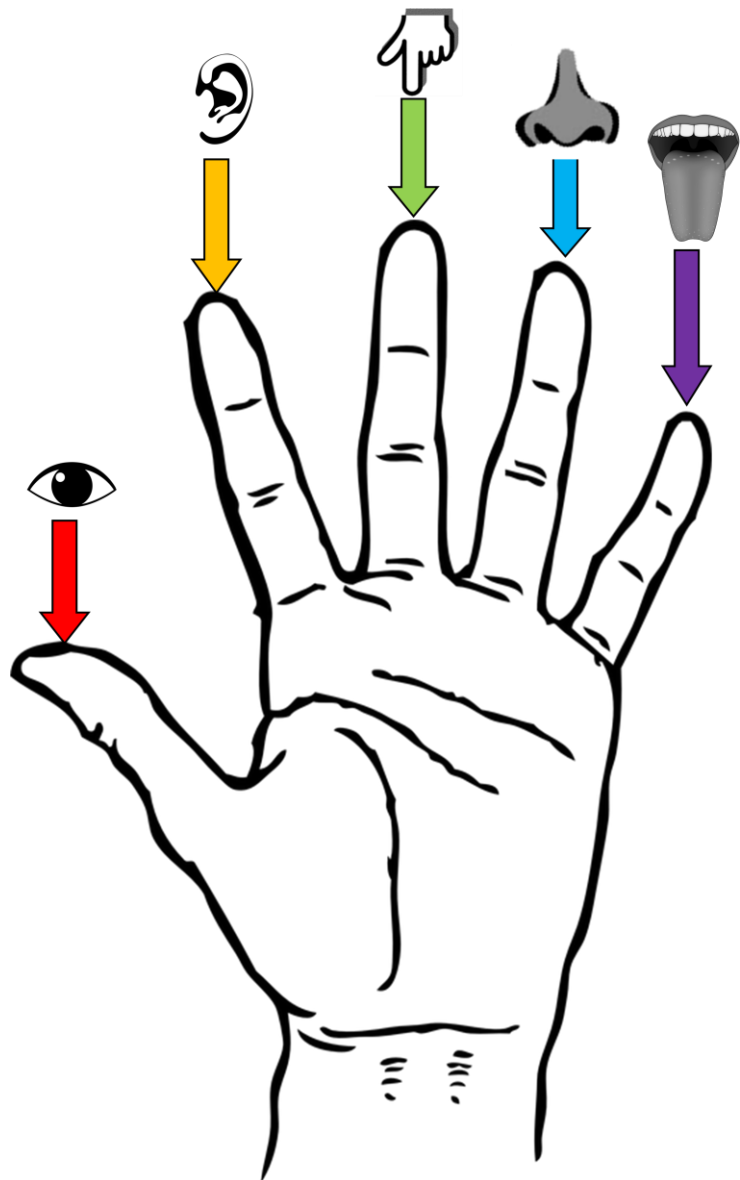


## Five Senses

- Point to your thumb – find 5 things you can see and in your head name each one “I can see...”
- Point to your second finger – listen for 4 things you can hear and in your head name each one “I can hear...”
- Point to your middle finger – find 3 things you can touch and in your head say how each one feels “This feels...”
- Point to your ring finger – find 2 things you can smell and in your head say what each smells of “This smells...”
- Point to your pinky – find 1 thing you can taste and in your head say what it tastes of “I can taste...”



## Aims of the Five Senses activity:

- To develop self awareness
- To develop skills/strategies to manage stress
- To feel more in control

## The Science bit.....

- Focussing on your five senses and using them occupies the working memory and helps to distract from the negative thoughts which increase the stress. This is called a Grounding Activity.