

## Mindfulness 5-4-3-2-1

Find:

- 5 things you can **SEE**.
- 4 things you can **TOUCH**.
- 3 things you can **HEAR**.
- 2 things you can **SMELL**.
- 1 thing you can **TASTE**.

## Sensory Exploration



Collect objects with various textures, smells, and sounds. Encourage children to mindfully explore these objects and describe their sensory observations.

# Shine Initiative Mindfulness Activities FOR KIDS

## Nature Walks



Take a walk in nature and ask children to notice the sounds, smells, and textures around them. Encourage them to touch leaves, smell flowers, and listen to birds.

## Worry Monster



Have children decorate a cardboard box as a fun monster and cut out a mouth. Next, have them write or draw their worries on small pieces of paper and “feed” their worries to the monster.