

# The 5 Senses Exercise



This mindful exercise can help you when you're feeling overwhelmed or anxious or having a panic attack. It brings you back to the present moment!

What I can see:

What I can feel (touch):

What I can hear:

What I can smell:

What I can taste:

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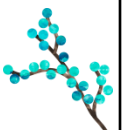
What I can taste:

# THE 5 SENSES EXERCISE

WHAT I CAN SEE	
WHAT I CAN FEEL (TOUCH)	
WHAT I CAN HEAR	
WHAT I CAN SMELL	
WHAT I CAN TASTE	

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WANT MORE WORKSHEETS?  
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## **600+ RESOURCES**

- WORKSHEETS + HANDOUTS
- GROUP ACTIVITIES
- TASK CARDS
- CLINICIAN LIBRARY
- + MORE!



# CREDITS



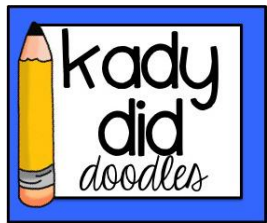
[KIMBERLY GESWEIN FONTS](#)

-THANK YOU FOR THE BORDER!



[DANDY DOODLES](#)

-THANK YOU FOR THE FLOWERS!



[KADY DID DOODLES](#)

-THANK YOU FOR THE HEART!



[PAULA KIM STUDIO](#)

-THANK YOU FOR THE FLOWERS!