Mindfulness

Taster Activity 4

Senses | Meaning | Emotion | Beauty

Find a spot where you can sit down and relax. Make yourself comfortable and close your eyes for 5 minutes. Listen to your breathing. Listen to the sounds outside of yourself. Try not to focus on the obvious ones - pay attention to everything you can hear.

- What can you smell?
- Open your mouth and stick out your tongue, can you taste the air?
- What does the ground feel like under you?
- How might these sensations be different for an insect, bird or mammal?
- Is there something you would like to know more about?