



## MINDFULNESS EXERCISES

# NOTICING

### Five Things

*You can practice noticing five things you see, hear or feel through touch to help you be present.*

*Have the children sit down and explain the five things game. Tell them five things you notice around you. Then it is their turn.*

*Afterwards you can, explain that this can be a helpful game to play, with others or by themselves, if they ever feel anxious or upset. You can mix it up sometimes and notice five things you hear instead.*

### On Safari

*Tell your children that you will be going on a safari: their goal is to notice as many birds, bugs, creepy-crawlies, and any other animals as they can. Anything that walks, crawls, swims, or flies is of interest and they'll need to focus all of their senses to find them, especially the little ones.*