

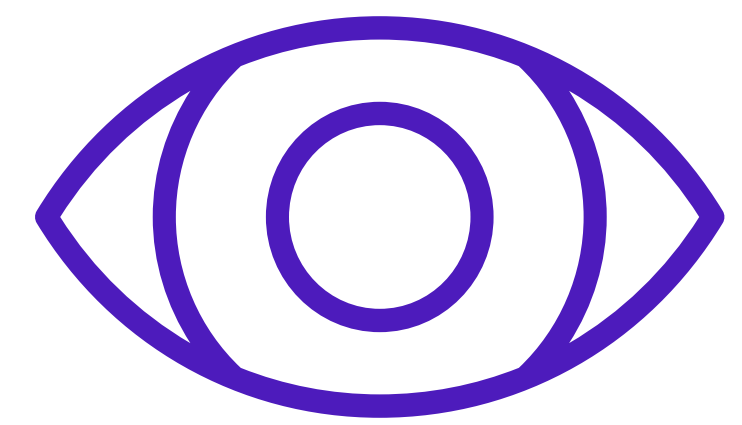
MINDUP™

MINDFUL SENSES

Our five senses help us to interpret the world around us and make meaning of our experiences. By focusing our attention on something specific, for example something we are looking at or listening to, we can help strengthen the prefrontal cortex (PFC) in our brain and be more aware of the world around us. Take time to notice...

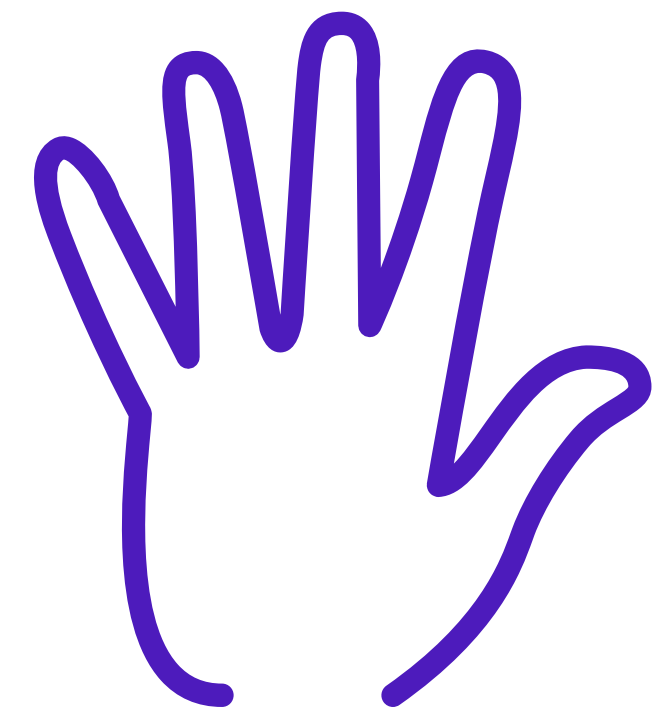
5

things you can see.



4

things you can feel.



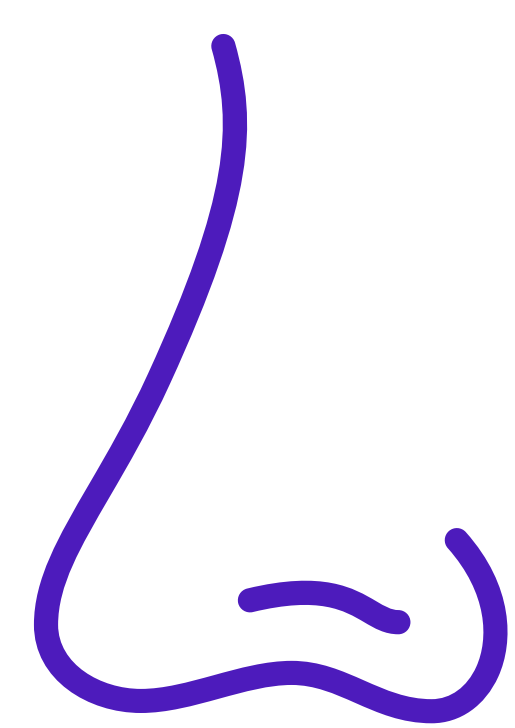
3

things you can hear.



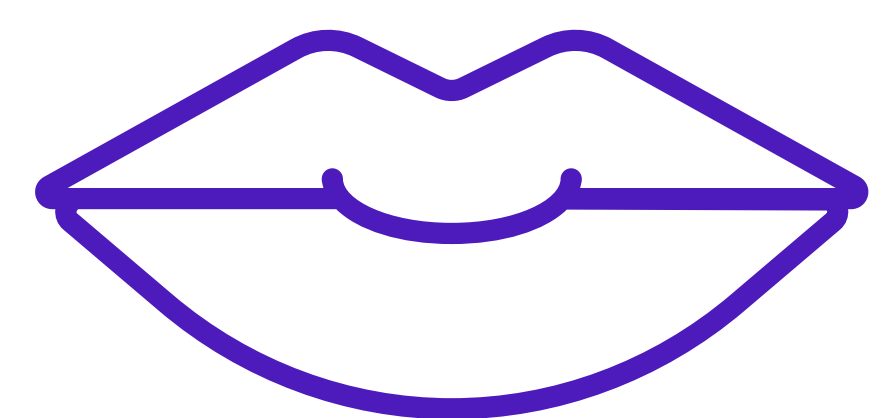
2

things you can smell.



1

thing you can taste.



You may choose to write a list or draw all the different things you have noticed.