

# Mindful Challenge 1

find 5 things you can see



- 1.
- 2.
- 3.
- 4.
- 5.

find 4 things you can touch



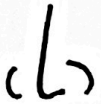
- 1.
- 2.
- 3.
- 4.

find 3 things you can hear



- 1.
- 2.
- 3.

find 2 things you can smell



- 1.
- 2.

find 1 thing you can taste



- 1.

INSTRUCTIONS: go for a walk around your house & fill in the above worksheet. Remember to breathe!