






5 - 4 - 3 - 2 - 1

EXPLORING OUR 5 SENSES IN NATURE





Sometimes, a 5-4-3-2-1 exercise is a great way to feel grounded and regulated. Doing this exercise in nature is even better!

Using your 5 senses, can you find all of these things?




5 things you can see



4 things you can touch


3 things you can hear

2 things you can smell

1 things you can taste



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