

# 5 Senses Meditation



Instructions: Use this worksheet to meditate on each of your five senses. Take a step back and make note of any stimuli you observe through your vision, hearing, touch, smell, and taste.

This is a great exercise to improve your daily awareness and mindfulness. Try not to judge your sensations as “good” or “bad,” just observe them as is, like a scientist looking through a microscope.

**Date:** \_\_\_\_\_

## 1. Vision

Close your eyes, take a few deep breaths, then open them again. What do you see? Scan your environment and identify at least 5-7 objects in your field of vision. Provide details like color, brightness, and shape if you can.

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Examples: Plant, Laptop, Painting, Desk, Chair, Rug, Book, etc.

## 2. Hearing

Now take a step back and observe what you hear. Close your eyes, carefully listen to your surroundings, and identify at least 5-7 different sounds.

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Examples: Birds, Wind, Cars, Planes, Air Conditioning, Fridge (buzzing), Dog barking, People talking, Music in background, etc.

## 3. Touch

Now shift your focus to your sense of touch and tactile sensations. This can include external sensations (texture of clothing, wind on face) or internal sensations (empty stomach, legs aching). Try to identify at least 5-7 separate touch sensations.

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Examples: Wind on face, Texture of clothing/furniture/object, Temperature (hot, cold), Dog/cat fur, Pressure of sitting in chair, Touch grass, Sensations of breathing, etc.

### 4. Smell

Turn your focus toward your sense of smell. What scents are in your immediate environment? Take a deep breath through your nose and see what you pick up. Try to identify at least 5-7 different scents.

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Examples: Fresh air, Cooking/food, Candles, Incense, Plants/flowers, Deodorant, Perfume/cologne, Air freshener, Chapstick, Clothes, etc.

### 4. Taste

Lastly, focus on your sense of taste. Begin by focusing on flavors already lingering in your mouth (toothpaste, gum, coffee, recent meal)

and then explore other flavors (a sip of a drink, bite of a snack, or piece of candy). Try to identify at least 5-7 different tastes or flavors you pick up.

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Examples: Food, Drink, Toothpaste, Gum, Breath mints, Coffee, Candy, Fruit, etc.

Congratulations! You've completed the worksheet.

Try to be more mindful of your five senses throughout the day and enrich your experience of the finer things in life. Revisit this exercise as a powerful tool for grounding yourself in the here and now.