

A Mind-First Wellness™ Tool

5-4-3-2-1 (Five Senses Exercise)

Description and purpose: 5-4-3-2-1 is also known as the “Five Senses” exercise. This is a grounding exercise used to bring your attention back to the present moment.

Use this when: You’re caught up in your thoughts and would like be in the here and now.



Search the room for **5 things** you can see.



Notice **4 things** that you can touch or feel.



Become aware of **3 things** that you can hear.



Identify **2 things** that you can smell.



Acknowledge **1 thing** you can taste.