

5, 4, 3, 2, 1

To begin sit in your mindful position; your back straight against the back of the chair. Both of your feet should be flat on the floor. Relax your shoulders and rest your hands on your lap. Silently to yourself list:



5

*THINGS THAT YOU SEE*



4

*THINGS THAT YOU FEEL*



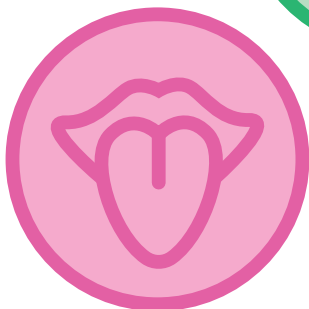
3

*THINGS THAT YOU HEAR*



2

*THINGS THAT YOU SMELL*



1

*THING THAT YOU TASTE*