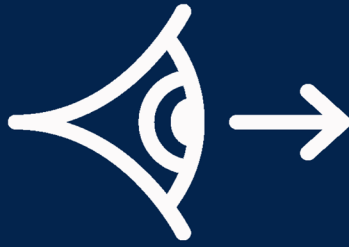


MINDFULNESS PRACTICE



PREPARE:
FIND A QUIET
PLACE



LOOK:
FOR 5 DETAILS
YOU CAN SEE



FEEL:
FOR 4 THINGS
YOU CAN FEEL



LISTEN:
FOR 3 THINGS
YOU CAN HEAR



SMELL:
2 THINGS
YOU CAN SMELL



TASTE:
1 THING YOU
CAN TASTE

MINDFULNESS PRACTICE

Mindfulness is a meditation technique that helps redirect your focus to the present and away from worry or intrusive thoughts. Try this grounding practice alone, with your pet, or with the whole family, and be sure to let us know how it goes!

PREPARATION: Find a quiet space where you can sit comfortably, perhaps next to an open window. Make sure you have a snack nearby as this exercise involves all five senses. If you are doing this exercise with children or a partner, designate one person to lead the exercise, and complete these five acts of awareness:

Notice 5 things you can see. Look for small details such as a crack on the wall or the pattern on a rug.

Notice 4 things you can feel. Feel the texture of your animal's fur or the sensation of your clothes on your skin or the breeze on your face.

Notice 3 things you can hear. Notice the click of your animal's paws on the floor or the hum of traffic.

Notice 2 things you can smell. Bury your nose in your animal's fur or notice the meal your neighbor is cooking.

Notice 1 thing you can taste. Take a bite of your snack and notice the flavor, texture, and sensation of chewing. Don't forget a treat for your animal!