



Mindfulness

5,4,3,2,1

Experience

Invite your child to have a look around them and name:

- 5 things that they can see
- 4 things that they can touch
- 3 things that they can hear
- 2 things that they can smell
- 1 thing that they can taste

Learning benefits

- Can help to calm worry and anxious thoughts: self regulation
- Helps to focus on sensory input
- Supports communication skills
- Encourages engagement and interaction



5 - 10 mins



5 - 12 years

Materials

None

Hints and Tips

Indoors or outdoors

This is a great activity to do with bare feet and out in nature.