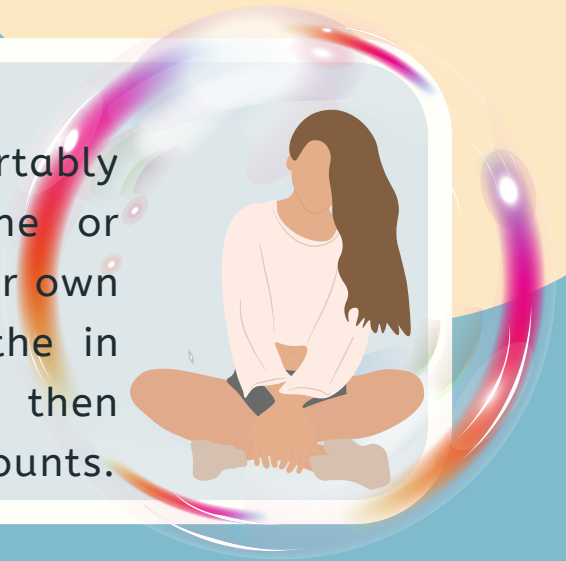


MINDFUL SENSES GAME

PRACTICE MAKING OBSERVATIONS WITH JUST YOUR SENSE OF TOUCH

FIND A MINDFUL BUBBLE

Find a bit of space you can sit comfortably where you are not touching anyone or anything else but the floor. This is your own mindful "bubble." Take a slow breathe in through your nose for 5 counts and then slowly out through your mouth for 5 counts.



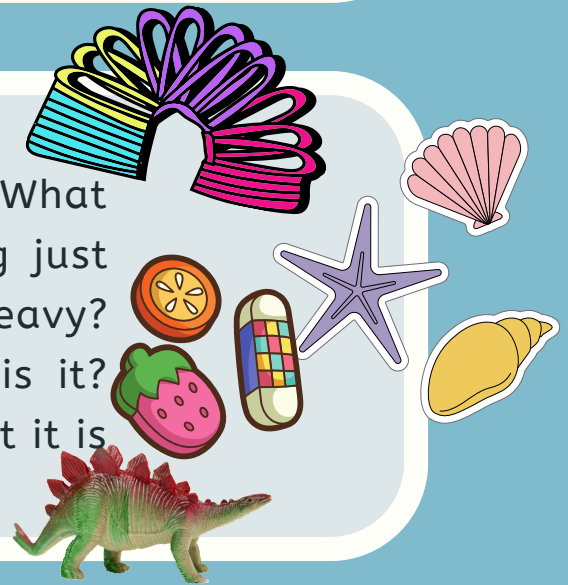
GET READY

Place your hands behind your back so that you cannot see what object your partner places in them. You can close your eyes or gaze down at your lap. Once the object is placed in your hands, close your hands gently around it



MAKE OBSERVATIONS

Move the object around in your hands. What can you notice about the object using just your sense of touch? Is it light or heavy? Small or large? What kind of shape is it? What kind of texture? Can you tell what it is made of? Share an observation aloud



TAKE A LOOK

Create a picture in your mind of what the object you are touching looks like. Bring your hands in front of you and look at the object. Is it what you imagined or is it different? Did your touch observations line up with your visual observations?



STRENGTHEN OUR BRAINS

This game gives us a chance to practice focus and to strengthen our senses. When we are mindful of our senses there is so much more they can tell us about an object, a situation, or a feeling. Using our senses to make observations lets us practice being good scientists of ourselves!

