ELIZABETH'S CREATIVE WELLBEING WORKSHOP

My Five Senses Grounding Activity

Notice what is around you, in your own way.

Take a comfortable moment. You can write, draw, point or simply notice.
Choose any senses that feel comfortable. Skipping a section is always okay.

5 Things I can SEE

Look around. What colours, shapes or objects do you notice?

4 Things I can FEEL

Notice comfortable textures, your feet on the floor or a familiar object.

3 Things I can HEAR

Listen for nearby or distant sounds, or imagine a sound you enjoy.

2 Things I can SMELL

Notice a pleasant scent, or think of a smell you like.

1 Thing I can TASTE

Notice a familiar taste, or remember a favourite flavour.

A gentle check-in

What feels helpful right now? A pause, a stretch, a drink, or something else?

There is no right or wrong way to take a moment for yourself.

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