

Wellbeing Activity- Week 12

For your wellbeing activity this week we want you to use your senses!

Can you name the 5 senses?

That's right! We have touch, hear, taste, smell and sight.

For this we're going to have a go at some mindfulness.

Your task today or at some point this week is to go for a walk, this could be to the park or down the road, or it could simply be walking or sitting in your garden. We want you to think about everything you can see, hear, taste, smell and feel whilst on your walk or sitting down somewhere.

Whilst doing this you might choose to close your eyes and relax or you might choose to draw whatever your senses find!

Take this time to relax and enjoy the moment!

