**Mindfulness 1**

As we pick up where we left off, we remind ourselves that it is important to live in the moment. If we look too far into the future, the many unknowns could prove to be overwhelming. So let’s practise slowing down and paying attention to what’s going on in the here and now. Rather than rushing to our destination, let’s focus on the trip that gets us there ☺

Our first assignment will be to use our five senses to ground us in the present. Answer the following questions (Gina M. Biegel: *The Stress Reduction Workbook For Teens*):

1. Where are you sitting right now?
2. What do you see?
3. What do you hear? It might help to close your eyes.
4. What do you taste? Can you taste the air? Can you taste your breath?
5. What do you feel with your hands? With other parts of your body?
6. What do you smell? Again, you might want to close your eyes.
7. By using your five senses, what did you notice that you hadn’t noticed before?
8. How are you feeling in this moment?
9. What are you thinking in this moment?