

## From mountain to sea

### **Educational Psychology Service** Mindful Sensations



- Choose an item from around you and sit somewhere comfortable and quiet. The item might be anything at all – a scarf, a cone from the garden, a shell, a piece of cotton wool, an item of clothing etc.
- Look at the item – notice its shape, its size, its appearance – Is it colourful? Shiny? Solid? Floaty? Rigid? etc.
- Close your eyes and touch the item; how does it feel? Is it cold? Is it warm? Is it soft? Is it coarse? Is it smooth or rough? Is it none of these? How does it feel in your hands? How does it feel against your face? Just notice and describe how the item feels.
- Now, bring the item closer to you face. How does it smell? Describe this to yourself. Remember not to judge, this is not about liking or disliking the smell, just accept and describe.
- Listen carefully – move the item about in your hands. What sounds can you hear?
- Now, take a deep breath, in through your nose and out through your nose. Continue breathing in this way as you think again about the look, the feel, the smell and the sound of your item.
- Open your eyes and re-familiarise yourself with your surroundings.