



## 54321 Mindfulness Activity

The 54321 mindfulness activity is a grounding exercise that can be used anytime and anywhere to help people relax and manage anxiety and stress. The 54321 strategy involves focusing on the present moment (the “now”) using our 5 senses to describe our experiences, using factual observation without judgment or interpretation.

When engaging in mindfulness activities, we work to approach our experiences with curiosity and an open mind and to accept our current observations, thoughts, and feelings without attempts to change or avoid them. The 54321 mindfulness activity focuses on each of your 5 senses:

### **5:** Name 5 things you can see

Focus on the details (color, shape, texture)

### **4:** Name 4 things you can hear

Close your eyes and notice any sounds (fan humming, people’s voices, the tap of a keyboard, birds singing)

### **3:** Name 3 things you can feel

Focus on your sense of touch (the fabric of your clothes the texture of your pen or chair, the floor under your feet)

### **2:** Name 2 things you can smell

Take a deep breath and identify scents around you (coffee, hand soap, shampoo)

### **1:** Name 1 thing you can taste

Focus on your sense of taste (take a sip of water or coffee, taste the flavor of toothpaste, chew a mint or piece of gum)