

Noticing the Five Senses: A Daily Mindfulness Log



The more frantic our lives get, the more important it is to take quick breaks throughout the day to calm down and clear our heads. Focusing on the five senses can help shift our focus away from our worries. It can also help us develop awareness of and gratitude for the world around us and the small everyday joys we might otherwise take for granted.

The following daily mindfulness log can be used by either adults or kids, for individual practice or as homework in a mindfulness class.

Five Senses Mindfulness Log

	Sight	Sound	Taste	Smell	Touch
Examples:	<i>watched some kids sledding</i>	<i>listened to my favorite song</i>	<i>sipped a cup of hot chocolate</i>	<i>sniffed pine needles</i>	<i>petted my friend's cat</i>
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					