



Sight

Pick an object close by upon which to rest your gaze. Go beyond simply recognizing the object.

- What color(s) is it?
- How large or small is it?
- What is its texture?



Sound

Sit or lay down in a comfortable spot.

- What do you hear?
- Is it loud or quiet?
- Is it soothing or irritating?
- Is it coming from a human, animal, or something else?



Smell

Close your eyes again and take several deep breaths, inhaling through your nose.

- What do you smell?
- Is it strong or faint?
- Is it pleasing or dissatisfying?
- What is the source?



Taste

Pick out something to drink and a food to taste.

- What adjectives would you use to describe the taste?
- How does it feel in your mouth-is it soothing, delicious, something else?
- What is its texture?



Touch

Pick up an object close by, and again close your eyes.

- Are you holding it in one hand, both hands, against your body, or in another way?
- Is it heavy or light?
- How does it physically feel to you-soft and comforting, hard and soothing, or something else?