**Cardiff Learning Disability Health Team Occupational Therapy Service**

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| **Activity** | Mindful senses | **Level** | Sensory, relaxation |
| **Keywords** | Sensory, relaxation, mindfulness, anxiety, overwhelmed | | |
| **Links to** |  | | |

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| YOU WILL NEED |
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| A room with an open window |

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| ACTIVITY FLOW (5 minutes) | | | | | | |
| Sit in a comfortable position. |  | Breathe in through your nose. |  | Breathe out through your mouth. |  | 3  Do this 3 times. |
| 10  Count 10 more breaths |  | Keep your eyes open. |  | What 5 things can you see? |  | Close your eyes. |
| What 4 things can you feel with your body? |  | What 3 things can you hear? |  | What 2 things can you smell? |  | What 1 thing can you taste? |