



LEHIGH
UNIVERSITY

College of
Education

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Lesson 7: Five Senses

Students will **practice** noticing all five senses during mindfulness, **reflect** on their senses, and **apply** mindfulness to some everyday activities.

First, try this short mindfulness activity focused on engaging your senses:

<http://www.stopbreathethink.org/meditations/engaging-your-senses>

How do you feel about raisins? This mindful eating exercise suggests using a raisin, a piece of chocolate, or a piece of fruit - and, you can do it with anything you have!

<https://www.abc.net.au/health/features/stories/2012/11/02/3624282.htm>

Reflection:

What did you notice during the first mindfulness activity? Which sense are you usually most aware of? Which sense are you usually the least aware of?

What was it like to slowly and mindfully eat something? Do you think this is something you would incorporate into your daily life? Why or why not?

Stretch Activity 1: Go for a walk around your neighborhood, or around your house. Focus on one of your senses - for example, sight.. As you walk and breathe, take time to really take in the sights. What do you see? Do you see anything that you usually overlook? What surprises you? What sights are your eyes drawn to? The next time you go for a walk, pick a different sense (e.g., smell, sound, touch) and focus on that.

Stretch Activity 2: Try this [“Yoga for Surfers”](#) class. If you were surfing right now, what would your senses be telling you? What would you see? Hear? Smell? Taste? Feel? Can you conjure up these sensations as you move?

Optional Daily Practice:

This week, practice incorporating awareness of your five senses into your daily life.

- You might pick one sense to focus on every day - for example, on Monday, really notice what you *hear*. On Tuesday, really notice what you can *touch*, and so on.
- You might also pick to focus on certain senses during different activities. For example, when you are having a conversation with someone, can you focus on really *hearing* them? When you are sitting down to a meal, can you pay attention to what you are *tasting* and how it *feels*?
- Consider - how are activities different if you focus on different senses?

Additional resources:

This article is about mindful seeing, which is a practice you can do with your eyes open:

<https://www.elitedaily.com/p/what-is-mindful-seeing-meditation-doesnt-have-to-be-done-with-your-eyes-closed-expert-says-12220557>

This article includes some suggestions for practicing mindful touch:

<https://thejoywithin.org/mindfulness/exercises-to-explore-your-sense-of-touch>

If you would like to, use the spaces below for any notes or reflections from your mindfulness practice this week.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	