



Mindfulness Scan

1



Pause

Take a moment to stop and connect to your five senses

2



Observe

Use your five senses to observe the environment around you

3



Describe

Describe the things you see, feel, hear, taste, and smell with detail

Sight	Touch	Sound	Taste	Smell
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.

How it Helps



Helps Us To Feel Centered in Our Body



Helps us Feel Connected to the World Around Us



Brings Our Attention to the Present Moment



Helps Us Feel Calm and Strong