
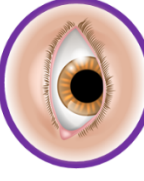





Senses Census
Positively|Mindful

Be present! Focus on your senses and identify.....

3 Things you can hear 	5 Things you can see 
2 Things you can smell 	4 Things you can touch 
1 Thing you can taste 	

BREATH IN **BREATH OUT** **BREATH IN**

Positively|Mindful

While noticing your breath. Trace your finger around the outside of this card.

2 feet 1 breathe
Positively|Mindful

Notice your Left foot on the ground.

Notice your Right foot on the ground.

Follow the journey of 1 breath.

Proceed.






5 finger breathing
Positively|Mindful

Using your index finger trace around your hand, breath in as you move up, breath out as you move down.

