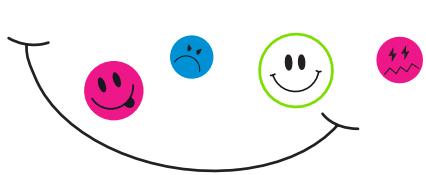


WORD



Mindful Words Activity

Think of your favourite place.
Can you use the five senses to describe it?



Five senses

Either write or draw on the template

Five things I like to see (blue)

Four things I like to touch (red)

Three things I like to hear (green)

Two things I like to smell (purple)

One thing I like to taste (orange)