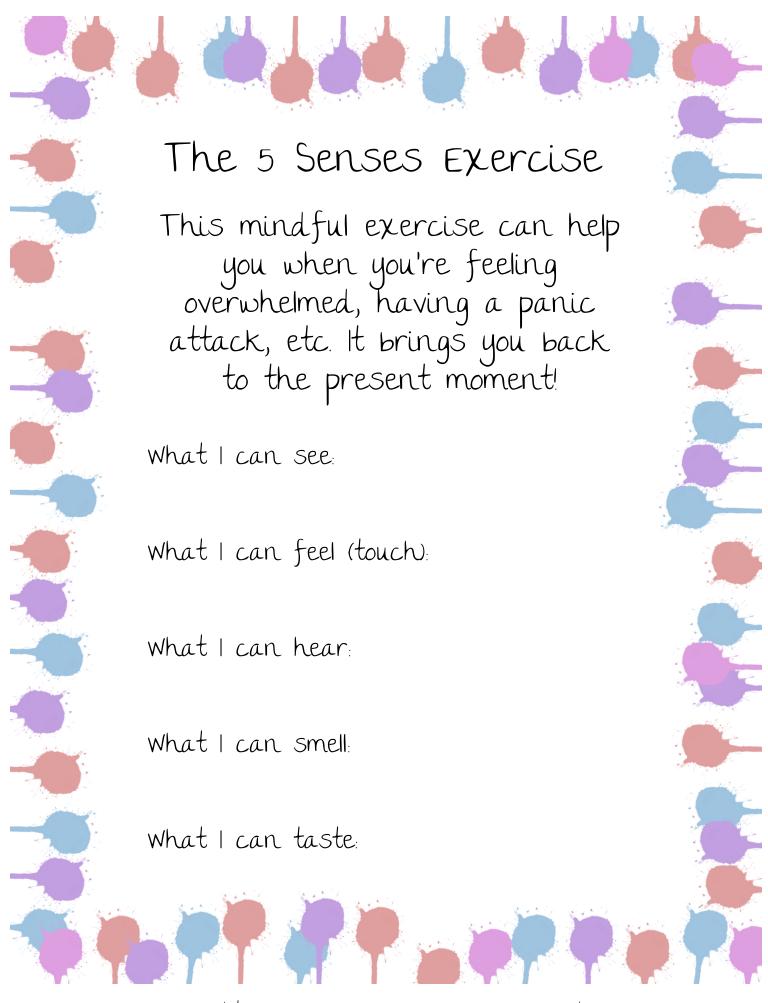
(0,0)The 5 Senses Exercise 0,0,0,0 This mindful exercise can help you when you're feeling overwhelmed, ονονονονονονονονονονονονονονο having a panic attack, etc. It brings 0,0,0,0,0,0,0,0 you back to the present moment! What I can see: What I can feel (touch): What I can hear: What I can smell: What I can taste: ©Copyright 2018 Jessie Drew, LLC www.mygroupguide.com



The 5 Senses Exercise



This mindful exercise can help you when you're feeling overwhelmed, having a panic attack, etc. It brings you back to the present moment!

What I can see:

What I can feel (touch):

What I can hear:

What I can smell:

The 5 senses Exercise

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What I can see:

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What I can smell:

Credits MAD CLIPS Factory Mad Clips Factory -Thank you for the border! 0 6lass Half Full 0,000 -Thank you for the border! 0,0,0,0 <u>Kimberly Geswein Fonts</u> -Thank you for the border! Dandy Doodles 0,0,0,0,0,0,0,0,0 -Thank you for the flowers!



Kady Did Doodles -Thank you for the heart!

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