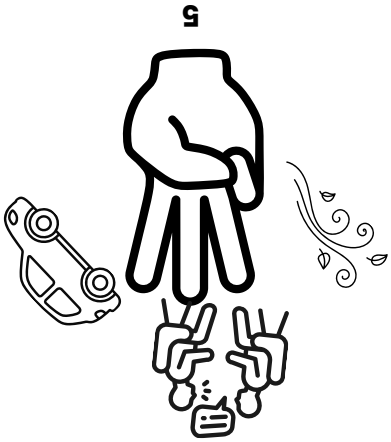
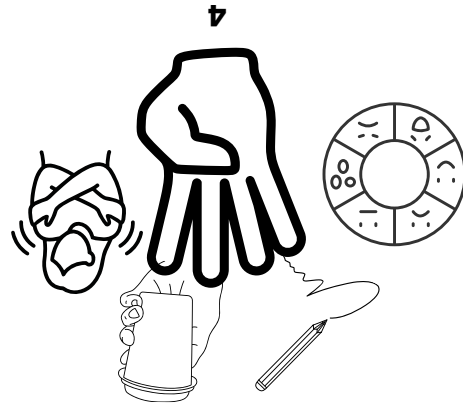
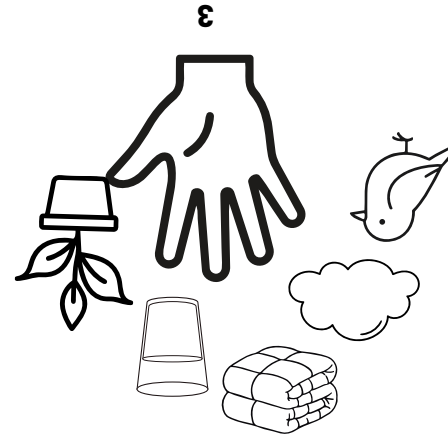




Name 3 things you can hear.



Name 4 things you can feel.



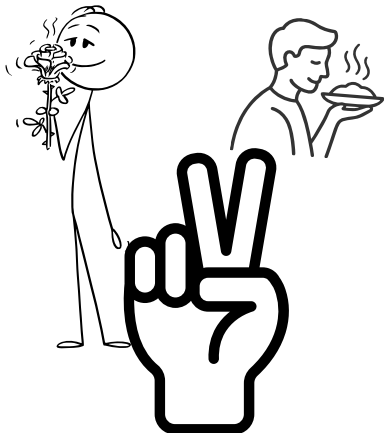
Name 5 things you can see.

Take a moment and check in with what your body is experiencing. Check out what you can see, feel, hear, smell, and taste.

While on the go or resting, the 5 senses exercise signals to your nervous system that you are safe.

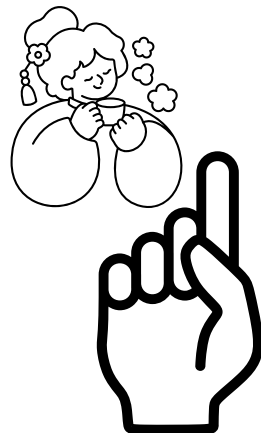
Cut on dotted line

Name 2 things you can smell.



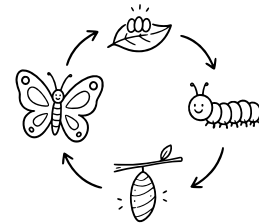
6

Name 1 thing you can taste.



7

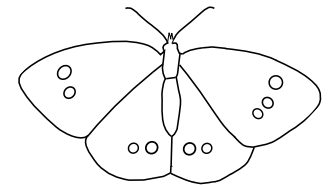
Continue the metamorphosis with Golden Moth on socials & goldenmothcounseling.com for more mental health tools and resources



8

5 Senses

By Golden Moth



© 2026 by April Oliver

1