



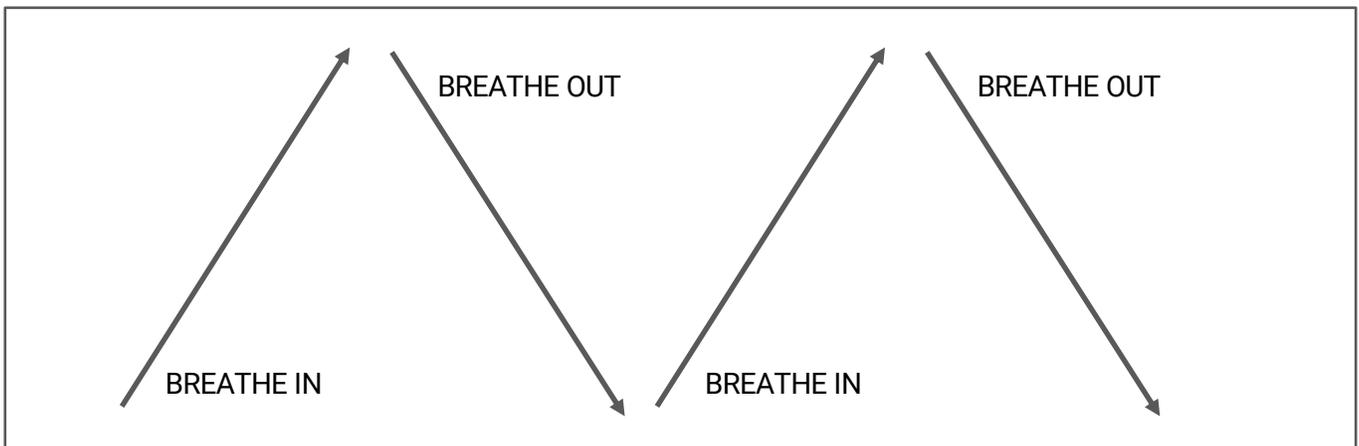
CONNECT: Mindfulness with Our Senses

CHALLENGE: Take time out from your busy day to appreciate the world around you!

BIG IDEA: The practice of mindfulness allows us to pause and be thankful for all the elements in the world that support our daily lives. Taking time to practice mindfulness allows us to connect and appreciate our surroundings.

Materials:

Pencil
Paper



INSTRUCTIONS:

We are very in tune with our sight. Let us take a moment to use our other senses to experience the world around us.

To begin, let's take some restful breaths.

1. Find your favorite spot outside or in your house.
2. Sit on the ground or on a comfy piece of furniture.
3. Close your eyes or look and trace the above image as you breathe
4. Sit up straight and place your hands in your lap. Begin breathing. Take a deep breath in through your nose (count: 1, 2, 3, 4) and out through your mouth (count: 1,2, 3, 4). Continue this breathing exercise for 2-3 minutes. (set a timer to keep track if you'd like)

Now, tune into your other senses: feeling, hearing, and smelling.

1. As you breathe, begin to bring your awareness to things you can feel, hear, and smell, such as the wind moving your hair, the sound of a car horn, or the smell in the air.
2. With your eyes still closed, visualize what is causing each of the things that you are noticing with your senses.
3. Take a final breath and open your eyes.



Write or tell a story about the way you experienced the world with your eyes closed.

Want to know more?:

www.tinyurl.com/STLeat - We have one more sense that we did not yet explore, taste. Try this Mindful Eating activity to tune into your sense of taste.

WE WANT TO SEE & SHARE YOUR CREATIONS!

Send us a picture or video by June 29, 2020 and be entered into a drawing for a gift card! Three ways to share:

1. Tweet us using the hashtag #aBitofSTEM
2. Text us at 314-285-9663
3. Use this google form and we'll show off your creation. [Submit Here \(tinyurl.com/STLsubmit\)](http://www.tinyurl.com/STLsubmit)

For more challenges visit: STEMchallenges.wustl.edu