**Mindfulness Scan**

1. **Pause**
   Take a moment to stop and connect to your five senses

2. **Observe**
   Use your five senses to observe the environment around you

3. **Describe**
   Describe the things you see, feel, hear, taste, and smell with detail

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<tr>
<th>Sight</th>
<th>Touch</th>
<th>Sound</th>
<th>Taste</th>
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**How it Helps**

- Helps Us To Feel Centered in Our Body
- Helps us Feel Connected to the World Around Us
- Brings Our Attention to the Present Moment
- Helps Us Feel Calm and Strong