

# Mindfulness Log - 5 senses

Examples:	<b>Sight</b> Watched kids play	<b>Sound</b> Listened to music	<b>Taste</b> Sipped hot tea	<b>Smell</b> Sniffed flowers	<b>Touch</b> Petted my dog
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					