Welcome, This is an exercise to help calm the mind and ground you in the present moment.

We will take a little journey together through the senses. Sight, touch, hearing, smell and taste.

Scan the QR code for a more interactive guided experience or push the button to start the sequence.

After you push start you will notice a shape light up on the sculpture.

Take a breath in and say the names of the color and the basic shape that you see light up.

You might have to walk around the sculpture to see all the shapes.

Exhale.

What is the basic color?

What is the basic shape?

Every 10 seconds a new shape will light up with a different color. Say the colors and the shapes. There will be 5 total shapes illuminated.

Touch

There are a variety of textures built into this sculpture. Bumpy, smooth, gritty, etc. Touch different areas of the sculpture. How does it feel? Is it warm or cold? Touch 4 different areas of the sculpture.

Click next to move to the next section

Listen to the sounds around you.

Do you hear birds? Trees rustling in the breeze? Traffic? People talking? Listen carefully for three distinct sounds. Click next when you’re ready for the next section.

Scent

Hidden within the sculpture are two scent panels. Smell the air near the sculpture. What do you think the first scent is? (radio buttons) Vanilla, baking cookies,

after 20 seconds the next door opens.

Now try to smell the next scent. What do you think this scent is? Woodsy? Warm?

When you’re ready for the next section press next

What do you taste in your mouth right now?