# Notice Five Things (I usually start with 3)

This is a simple exercise to center yourself, and connect with your environment. Practice it throughout the day, especially any time you find yourself getting caught up in your thoughts and feelings.

1. Pause for a moment

2. Look around, and notice five things you can see. *(I usually encourage children to notice from where they are not by turning around and “searching”*

3. Listen carefully, and notice five things you can hear.

4. Notice five things you can feel in contact with your body. (E.g. your watch against your wrist, your

trousers against your legs, the air upon your face, your feet upon the floor, your back against the

chair etc) *I usually just say 5 things you feel inside or outside your body.*

Source: Adatpted from Acceptance and Commitment Therapy (ACT) Introductory Workshop Handout 2007.

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