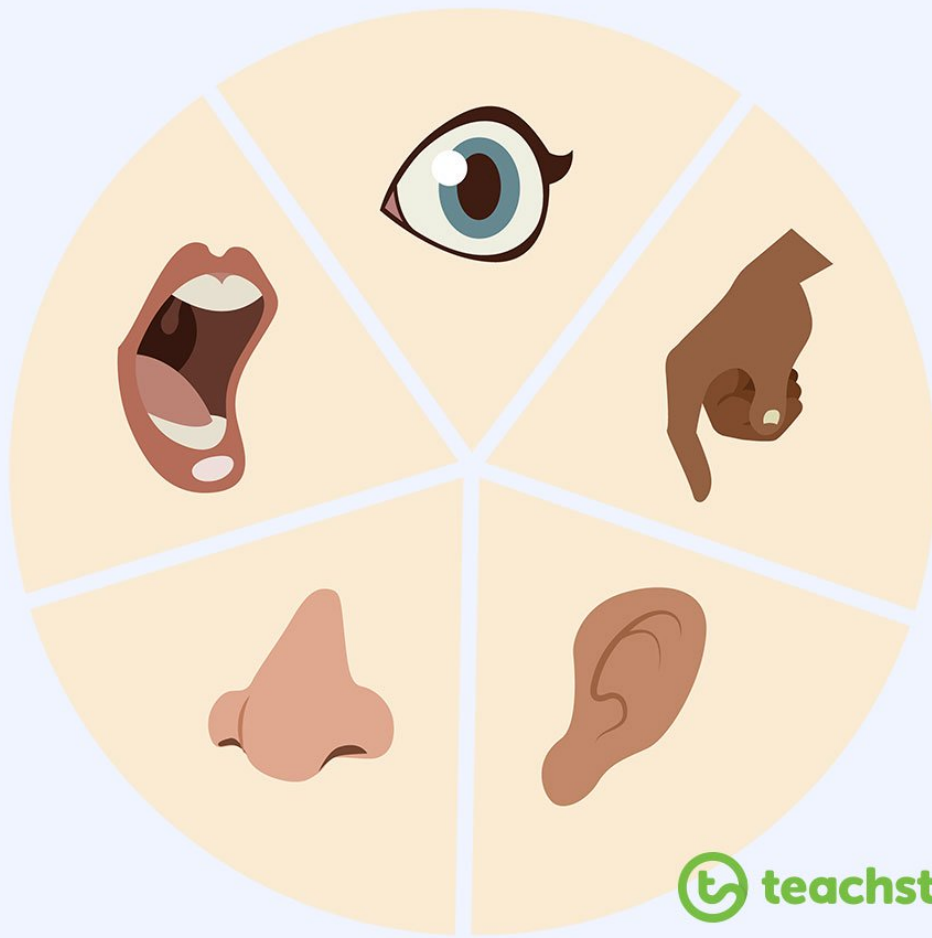


Senses Countdown



A great one for older students is an extension of the Spidey Senses activity. It can be used to help calm a busy mind and bring our awareness to the present moment.

Think of:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste