

EXPLORING YOUR SENSES

Circle Work Sheet with Senses

GRAB A SNACK AND PRACTICE MINDFUL EATING BY DRAWING WHAT YOU SEE AND CIRCLING THE ANSWERS TO THE QUESTIONS BELOW.

SEE: DRAW WHAT I AM EATING

HEAR:

CRUNCH
GULP
SPLASH
LOUD
QUIET

FEEL:

SOFT
SMOOTH
HARD
BUMPY
FUZZY

SMELL:

SWEET
SMOKEY
BAD
CLEAN
FRUITY

TASTE:

SWEET
SALTY
BITTER
SOUR
NEUTRAL

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