

## **Mindful Touch Exercise**

Place an object in your hands (a rock, shell, stress ball, a piece of fabric). Be inquisitive. Now with this item in your hand, you can begin to explore your senses. Focus on the object as if you've never seen anything like it before. Focus on seeing this object. Scan it, exploring every part of it, as if you've never seen such a thing before. Turn it around with your fingers and notice what colour it is. Notice any folds, marks, or imperfections and where the surface reflects the light or becomes darker. Next, explore the texture, feeling any softness, hardness, coarseness or smoothness. What is the temperature? Is it warm or maybe cold? Neutral?

While you're doing this, if thoughts arise such as "Why am I doing this weird exercise?" "How will this help me?" Or "I don't even like this object," then see if you can acknowledge these thoughts, let them be and then bring your awareness back to the object.

Take the object beneath your nose and carefully smell it. What does it smell like? Is it a pleasant smell or an unpleasant smell?

Bring the object to one ear, squeeze it, roll it around, and hear if there is any sound coming from it. Can you move it around or manipulate it to make a sound? Is it a familiar sound? A new sound?

Place the object down, look at it from a different angle, what is the size in proximity to where it is sitting in your space? Take it in for a moment.

Congratulate yourself on taking time to explore this mindful exercise.

You can take this exercise a step further by using food and engage in mindful eating, exploring the taste side more (slowly) in addition to these other senses.