



SUPER SENSES

Purpose & Focus

Helps participants build self-regulating and mindfulness skills

Participants

Any even number of participants.

Time Allotment

5 – 15 Minutes

Activity Level

Low

Materials

No materials required

Method

- Have the participants sit straight and still. Ask them to close their eyes or look downwards.
- Ask the participants to take three deep breaths in and out. Then, open their eyes.
- Ask the participants to turn up' their senses to a superhuman level. Tell the participants that they will begin to see, hear, smell, taste and feel more than an ordinary human being.
- Ask the participants to focus on what they can hear and to listen intently to the sounds around them, beyond the space they are sitting in now and out in the wider world.
- Prompt participants to notice what they can feel, such as the weight of their body on the chair, or their feet in your shoes, or the temperature of the air.

Continue for 3 to 5 minutes.

Discussion

- Ask participants to think about what they can see and to pay attention to tiny details that they may not usually see, like the slightly curled edge of a piece of paper or a speck of dust on a table.
- Ask the participants to think about what they can taste? Is their mouth dry? Is their tongue relaxed?
- What can they smell? Is there a strong or subtle smell in the air?
- Instruct the participants to keep their super senses switched on until instructed to stop.