Details, Details

Getting in Touch With Your Senses

The five senses:



1. Taste



2. Touch



3. Smell





5. Hearing

Are there are ever times when you are not using all your senses?

What about right now?

Take 10 seconds to get in touch with all of your senses! Now describe this room. Go sense by sense, pausing in between to really focus on that sense:

This room ...

sounds like:



feels like:



tastes like:



looks like:



smells like:

