

Mindful Moments with Art: 5-4-3-2-1

FIVE

Name 5 things you can see in this work of art.

FOUR

Name 4 things you can imagine you could touch in this work of art.

THREE

Name 3 things you can imagine you could hear in this work of art.

TWO

Name 2 things you can imagine you could smell in this work of art.

ONE

Name 1 thing you can imagine you could taste in this work of art.
