

# We use our senses to explore the world around us

**Creativitree # 10**

## Creativitree # 10



**Senses play an integral role in our emotional processing, learning and interpretation. Find a quiet space, close your eyes and focus on your senses.**

Tune into sound and notice the sounds near and far, the silence inbetween sounds, and the whole soundscape.  
What did you hear?

---

Tune into touch and notice the texture and qualities of the air on your exposed skin.  
What did you feel?

---

Tune into smell and notice the different aromas present.  
What did you smell?

---

Taste the air.  
What did you taste?

---

When you're ready to open your eyes, open them slowly and notice all around you.  
What did you see?

---