

## ***Path to Peace Inside Extras***

### **5 Senses Noticing Prayer**

Bring a sense of calm to your morning or evening routine by taking a few moments to lead your family in a noticing prayer using the five senses. Encourage everyone to breathe in and out for a few moments before you begin to walk them through the process of silently identifying:



#### ***5 things you can see***

Tune in to what your eyes notice around you.

*(Pause 30 seconds.)*



#### ***4 things you can feel***

Tune in to your sense of touch and to the temperature, texture, and movement of things above, around, beside, and beneath you.

*(Pause 20 seconds.)*



#### ***3 things you can hear***

Tune in to the sounds of your environment, from loud to faint.

*(Pause 15 seconds.)*



#### ***2 things you can smell***

Tune in to scents that may be present.

*(Pause 10 seconds.)*



#### ***1 thing you can taste***

Take a sip of drink or a bite of food you might have with you, or simply pay attention to tastes present in your mouth or the air.

*(Pause 10 seconds.)*

Let each child name aloud one of the things they noticed then light a battery-operated LED after they do so. After each person lights their candle, the whole family says together, "**Jesus is with us.**"