

## MINDFUL MOMENT: 5-4-3-2-1 GROUNDING TECHNIQUE



Carl von Marr, *Summer Afternoon*, 1892 (detail)

### ACTIVITY OVERVIEW

Art invites us to slow down and notice details we might otherwise overlook. This mindful moment uses close-looking and the 5-4-3-2-1 grounding technique to help students pause, focus their attention, and reconnect with their senses. By observing artwork and their surroundings, students practice calming their minds and becoming more present in the moment.

This activity may be used as a transition, a reset during a busy day, or to help students self-regulate during moments of stress.

### OBJECTIVES

Students will be able to:

- Practice mindfulness by focusing on the five senses
- Build observation skills through close looking
- Develop awareness of their body and environment
- Learn a strategy to support calm and focus

### MATERIALS LIST

- Image of *Summer Afternoon* by Carl von Marr (printed or digital)
- A quiet, comfortable space
- Optional: paper and pencil for reflection or drawing



Learn more about  
Carl von Marr's  
*Summer Afternoon*

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### ACTIVITY STEPS

1. Invite students to sit comfortably and take several breaths. Model slow, long, deep breaths. Students may close or soften their eyes, if comfortable.
2. Explain that the group will be exploring a technique that can be used when they feel overwhelmed or stressed to return to the present moment and slow down.
3. Explain that the five senses will be used for the activity. Ask students to identify their five senses.
4. Explain that the technique is called the 5-4-3-2-1 method because it guides them to identify five things they can see, four they can touch, three they can hear, two they can smell, and one they can taste in their immediate surroundings.
5. Model the 5-4-3-2-1 technique. Use your classroom surroundings as an example. Name 5 things you see, 4 you can touch, 3 you can hear, 2 you can smell, and 1 you can taste within the classroom.
6. Explain that the group will practice this technique with a work of art. *Summer Afternoon* by Carl von Marr is recommended as it provides a variety of sensory content. Invite students to imagine they are stepping into the painting. Encourage them to imagine to discover what they could experience with their senses.
7. Guide students through looking and responding. This may be a written exercise or an open class discussion.

Students will find:

- 5 things they can see, such as the leaves on the trees
  - 4 they can imagine touching or feeling, such as the warmth of the sun
  - 3 they can imagine hearing, such as the clucking of the chickens
  - 2 they can imagine smelling, such as the food being served
  - 1 they could imagine tasting, such as the water in the glasses
8. Close the mindful moment with a few final slow, deep breaths. Consider optional group reflection.

### REFLECT AND CONNECT

- How does your body feel after the 5-4-3-2-1 method compared to when you started?
- What word would you use to describe how you feel right now?
- How did slowing down change the way you experienced the art?
- How could you apply this mindful moment activity into your daily life?



Carl von Marr, *Summer Afternoon*, 1892