

# 31 DAYS OF SENSES

sun

mon





tues

weds

thurs

fri

sat

			1 Look out the window + squint your eyes - what colors do you see?	2 Take a bath to unwind + add a few drops of essential oils	3 Observe a child, watch how they explore the world	4 Build a fire, focus on the crackling sounds and earthy smells
5 Watch the sun set - how many colors can you count?	6 Find the softest thing you own, take comfort in its touch	7 Read a book. Enjoy the feel of the paper, does it have a 'book' smell?	8 Spend five minutes petting your cat or dog	9 Take something warm out of the dryer and hold it close		11 Make something in the kitchen - pie, anyone?
12 Buy a bouquet of fragrant flowers and enjoy their scent		14 Take time to set a pretty table for dinner	15 Pay attention to the shapes and colors of the market's produce	16 Hold a warm drink in your hands, watch the steam rise	17 Go outside, look up at the sun and let it warm your face	18 Seek out laughter
19 Take an afternoon nap under your favorite blanket	20 Listen to the birds - spring is here!	21 Treat yourself to your favorite sweet treat, savor it slowly	22 How many shades of blue can you find today?		24 Listen to music without words, what do you hear?	25 Describe your favorite word to someone without using it
26 Watch your favorite movie - pay attention to the set and costume designs	27 Wake up 5 minutes early to enjoy an extra cup of coffee	28 Light a candle and watch the flame flicker	29 Take a walk and notice the arrival of a new season	30 Plant herbs for your kitchen, feel the dirt in your hands	31 Meditate for two minutes, listen to your own breathing	