

Cup of tea or coffee



We can sometimes forget to be present and to use our senses.

- Take 5 -10 mins out of your day.
- Make a nice cup of tea or coffee.
- Use your senses, touch, taste and smell.
- Hold the cup in your hands, notice how the warmth of the cup makes you feel?
- Bring the cup to your nose, take a breath in as you smell the aroma of the tea or coffee.
- Once it's cool enough to drink, take a sip of your tea or coffee.
- How does it taste?

