

Spidey Senses

(5 minutes)

Spidey Senses is a fun way to frame this traditional mindfulness exercise.

Ask students to switch their senses up to a superpower level, just like Spiderman.

In this moment,

- What can they hear?
- What can they see?
- What can they taste?
- What can they smell?
- What can they feel?

Guide students as they stay in this Spidey state for 2-3 minutes.

