

5, 4, 3, 2, 1



Calm



BY GREAT MINDS TOGETHER

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What is 5, 4, 3, 2, 1?

During these challenging times where we are unable to go out, it's really easy for anyone to become agitated, especially children and young people. The 5,4,3,2,1 method can be used to help yourself calm down when you are feeling overwhelmed.

It works by bringing your attention to your senses to ground you in the present and counting items to interrupt the spinning of our thoughts.

The Activity

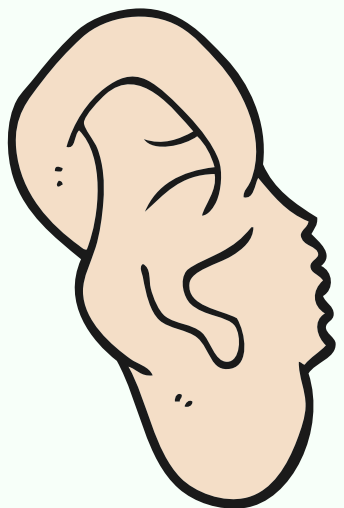
Take a deep breath before you begin: Then write down 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste



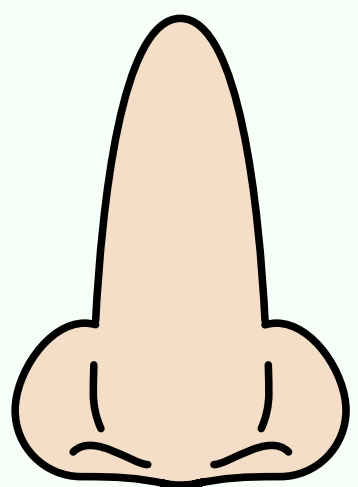
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