

# 5, 4, 3, 2, 1 & Calm!

This activity takes you through your five senses to help remind you of the present and bring the focus onto the immediate surroundings. It is a great distraction and calming technique that is perfect for an easy family activity during a walk or can be used at times when your child is feeling anxious about something that is about to happen such as the walk to school or a drive to a new activity .

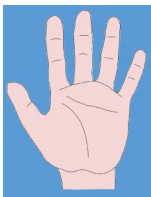
Take a deep belly breath to begin.



**5 - LOOK:** Look around for 5 things that you can see, and say them out loud.

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**4 - FEEL:** Pay attention to your body and think of 4 things that you can feel, and say them out loud.

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**3 - LISTEN:** Listen for 3 sounds. Say the three things out loud.

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**2 - SMELL:** Say 2 things you can smell. If you can't smell anything at the moment then name your 2 favourite smells.

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**1 - TASTE:** Say 1 thing you can taste. If you can't taste anything, then say your favourite thing to taste.

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