

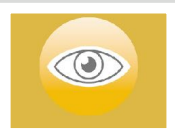


5-4-3-2-1 Senses

This is a technique that will help children to feel grounded at times when they are feeling panicked and are having difficulty in gaining control of their thoughts and feelings. The key aim is to interrupt any negative thoughts and work towards creating a sense of calm. Grounding techniques are a powerful tool to help children connect to the present moment.

Sensational Tip!

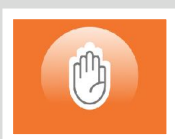
Teach and practise this technique when children are calm. Once they are familiar with the activity it will be easier to introduce during moments of worry or anxiety.



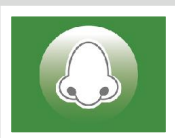
5 things you can see



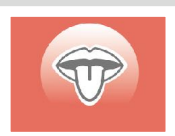
4 things you can hear



3 things you can touch



2 things you can smell



1 thing you can taste