

Calming tool: 5, 4, 3, 2, 1

'5,4,3,2,1 tool' is a helpful tool for people of all ages. You can do it in your house, garden or when you are out walking. It can help you to feel calmer and more relaxed.

Instructions: Find a quiet moment to focus on all your senses one at a time. At the end you can write down the things you noticed in the boxes below:

Five things you can see:



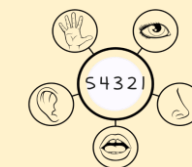
Four things you can hear:



Three things you can feel:



Two things you can smell:



One thing you can taste:

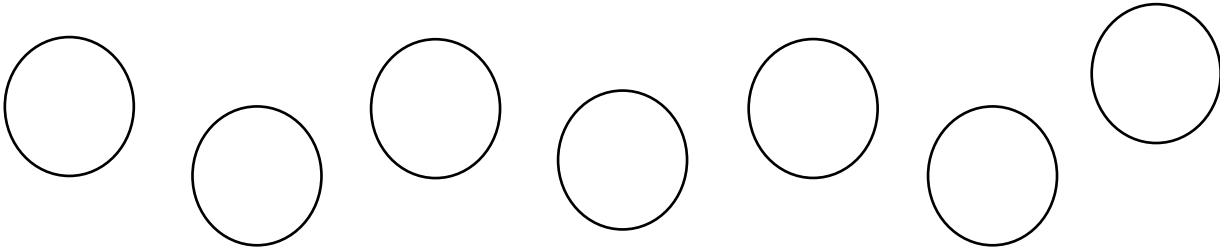


Challenge 1:

See if you can practice this new tool once a day when you are feeling calm and relaxed.

Draw a tick on the 54321 symbols below or colour one in every time you practice

54321:



Challenge 2:

Could you teach someone else this tool, maybe your parent / carer or brother, sister, friend? If you showed this tool to someone else write their name or draw them below:

