

5...4...3...2...1...*Calming*

Use this technique when you are feeling stressed or anxious. Using your senses will help ground you back to the present and stop your negative thoughts. Repeat as many times as needed.

*Name five things you can **see**.*

*Name four things you can **touch**.*

*Name three things you can **hear**.*

*Name two things you can **smell**.*

*Name one thing you can **taste**.*