






When we feel upset, anxious or angry we can use the 5,4,3,2,1 skill to focus on the right now.

<p>5</p> 	<p>Name 5 things you can see</p>
<p>4</p> 	<p>Name 4 things you can hear</p>
<p>3</p> 	<p>Name 3 things you can touch</p>
<p>2</p> 	<p>Name 2 things you can smell</p>
<p>1</p> 	<p>Take 1 slow deep breath</p>

Tick when you have practiced the 5,4,3,2,1 skill



How did you feel before doing the skill?



How did you feel after the skill?

