

5-4-3-2-1 Calming Technique



NAME FIVE THINGS
YOU CAN SEE



NAME FOUR THINGS
YOU CAN FEEL



NAME THREE THINGS
YOU CAN SMELL



NAME TWO THINGS
YOU CAN TASTE



NAME ONE THING
YOU CAN HEAR



NOW DO FIVE BODY
STRETCHES

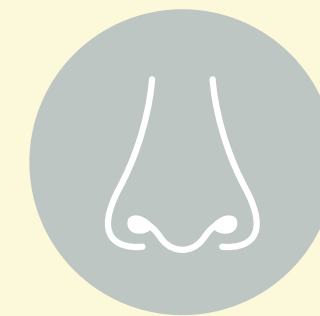
5-4-3-2-1 Calming Technique



NAME FIVE THINGS
YOU CAN SEE



NAME FOUR THINGS
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NAME THREE THINGS
YOU CAN SMELL



NAME TWO THINGS
YOU CAN TASTE



NAME ONE THING
YOU CAN HEAR



NOW DO FIVE BODY
STRETCHES



Find 5 Calming Technique



NAME FIVE THINGS
YOU CAN SEE



NAME FIVE THINGS
YOU CAN HEAR



NAME FIVE THINGS
YOU CAN SMELL



NAME FIVE THINGS
YOU CAN TASTE



NAME FIVE THINGS
YOU CAN FEEL



NOW DO FIVE BODY
STRETCHES



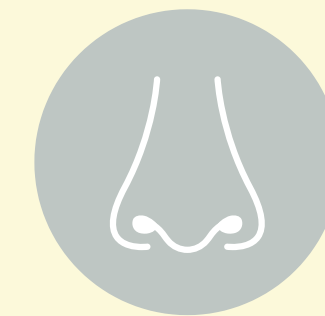
Find 5 Calming Technique



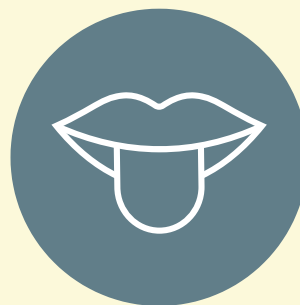
NAME FIVE THINGS
YOU CAN SEE



NAME FIVE THINGS
YOU CAN HEAR



NAME FIVE THINGS
YOU CAN SMELL



NAME FIVE THINGS
YOU CAN TASTE



NAME FIVE THINGS
YOU CAN FEEL



NOW DO FIVE BODY
STRETCHES



Find 3 Calming Technique



NAME THREE
THINGS YOU CAN
SEE



NAME THREE
THINGS YOU CAN
HEAR



NAME THREE
THINGS YOU CAN
SMELL



NAME THREE
THINGS YOU CAN
TASTE



NAME THREE
THINGS YOU CAN
FEEL



NOW DO THREE
BODY STRETCHES



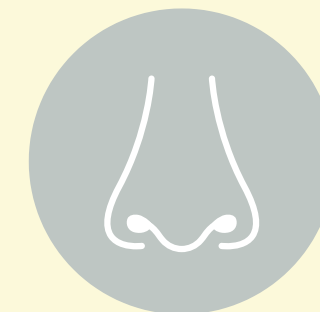
Find 3 Calming Technique



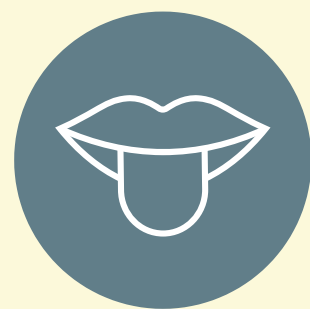
NAME THREE
THINGS YOU CAN
SEE



NAME THREE
THINGS YOU CAN
HEAR



NAME THREE
THINGS YOU CAN
SMELL



NAME THREE
THINGS YOU CAN
TASTE



NAME THREE
THINGS YOU CAN
FEEL



NOW DO THREE
BODY STRETCHES