

## **5, 4, 3, 2, 1 Relaxation**

*Practice using your five senses and the things around you to help you to refocus and calm down. You can do this anywhere. Try to notice things you hadn't noticed before.*

**5 things I can see:**

**4 things I can feel:**

**3 things I can hear:**

**2 things I can smell:**

**1 thing I can taste:**