

## **COPING SKILL: 5, 4, 3, 2, 1**

### **A GROUNDING TECHNIQUE**

#### **HOW TO DO IT:**

**This technique will take you through your five senses to help remind you of the present. This is a calming technique that can help you get through tough or stressful situations.**

**Take a deep belly breath to begin.**

**5 - LOOK: Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.**

**4 - FEEL: Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.**

**3 - LISTEN: Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.**

**2 - SMELL: Say 2 things you can smell. If you're allowed to, it's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your 2 favorite smells.**

**1 - TASTE: Say 1 thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can't taste anything, then say your favorite thing to taste.**

**Take another deep breath to end.**

**Afternoon Robins Activity for Term 4, Week 2: 1<sup>st</sup> – 5<sup>th</sup> March 2021**

**Dear Robins,**

**Hello there! We hope you are all well. We are thinking of you Robinos all the time and can't wait to see how much you have all grown!**

**Here is an activity for you to try when everything gets too much. It's all about distracting you from what is stressing you out and making you feel that you're going to explode. If you can tell your brain to think about other things you will be distracting yourself from whatever is making you feel so upset.**

**Give it a try, it will take practise but you are all very clever at trying new things so just give it a go!**

**Hopefully we will be together very, very soon!**

**Lots of smiles and happy thoughts,**

**From**

**Mrs Williams, Miss Brooker and Woody**