SEL · MINDFULNESS AND CALMING · GRADES 1–5

5-4-3-2-1 Calm Down

Notice 5 things you see, 4 you hear, 3 you can touch, 2 you smell and 1 you taste to feel calm and present.



Name: _____ **Date:** _____

When you feel worried or upset, slow down and use your senses to notice what is around you right now. Take a slow breath between each step.

5 **things I can see**

_____ _____ _____

_____ _____

4 **things I can hear**

_____ _____ _____

_____

3 **things I can touch**

_____ _____ _____

2 **things I can smell**

_____ _____

1 **thing I can taste**

_____

After 5-4-3-2-1, my body feels: _____

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