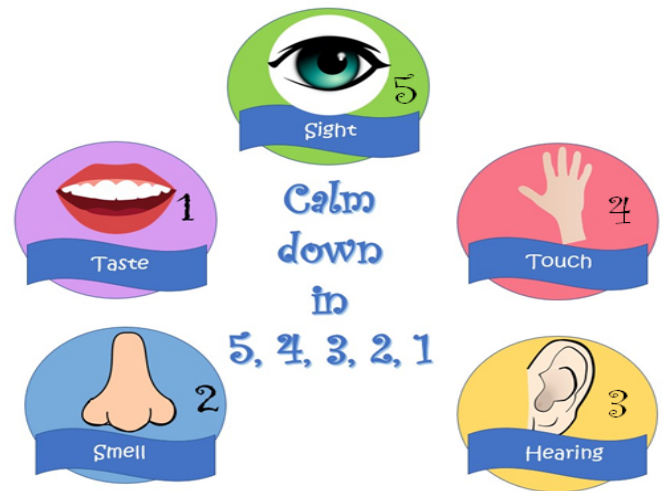


Our 5 senses:

This is a calming activity that can help you with tough or stressful situations. Or anytime you want to feel better. It uses all of your senses.



It's as easy as 5, 4, 3, 2, 1!

5 - LOOK: Look around for 5 things that you can see. You could say, I see the window, I see the chair, or I see the table.

4 - FEEL: Think of 4 things that you can feel. You could say, I feel my shoes, I feel the chair I'm sitting on, or I feel the pencil I'm holding.

3 - LISTEN: Listen for 3 sounds. You could hear the sound of people talking, the sound of traffic, or the sound of the clock ticking.

2 - SMELL: What are two things you can smell? If you cannot smell anything, then think of your 2 favorite smells.

1 - TASTE: What is something you can taste right now? Maybe it's your toothpaste, or something you ate. If you cannot taste anything, then say your favorite thing to taste.

You can practice 5 Senses every day so that you can use them anywhere and anytime you want to feel better!