

## The 5 Senses Exercise (for children)

5 4 3 2 1

First of all – **SLOW** down and **CALM** down

Take 3 **SLOW** and **QUIET** deep breaths

5

Find 5 things you can **SEE**



4

Find 4 things you can **FEEL**



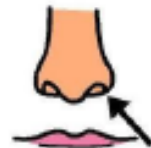
3

Find 3 things you can **HEAR**



2

Find 2 things you can **SMELL**



1

Say 1 good thing about **YOURSELF**

