

5-4-3-2-1 mindfulness method

Use this mindfulness method to calm your mind and bring your focus to the present moment.

Take a deep breath.
Focus on what's around you.
Think about and name...



5 things you can **see**



4 things you can **feel or touch**



3 things you can **hear**



2 things you can **smell**



1 thing you can **taste**

For more self-care ideas for kids, go to [u.org/self-care-kids](https://www.understood.org/self-care-kids)