

# Keeping Calm

Calming or Grounding techniques are a good way to reduce our heart rate/blood pressure when feeling worried or anxious. It helps us refocus our attention and overcome those unpleasant feelings so we can feel better and do more.

## 5 4 3 2 1

Take notice of your senses by thinking of:

- 5 things you can see
- 4 things you can hear
- 3 things you can feel/touch
- 2 things you can smell
- 1 thing you can taste



## Facts

Think about and name facts about what is going on right now. For example, think:

My age is...

My name is...

I am wearing...

The weather is...

I am in...



## Room Search

Think of a category and search the room for it. For example, look for:

- Everything that is a ... colour
- Everything that is a ... shape
- Things that feel of...
- Things made of ...



The Link

By **thinking** about things to help us calm down we can then **do** the things we want/need to do and **feel** better and happier.