## 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...



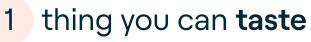




3 things you can hear



2 things you can smell



For more self-care ideas for kids, go to <u>u.org/self-care-kids</u>

