



Exercises/techniques we can use

This activity is designed for you to do with your child.

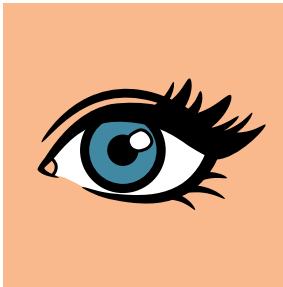
Here you can learn together some things that might help you if you feel your emotions and feelings are a bit too strong or tricky for you to deal with.

Try the exercise/technique on the following page.

- 5 4 3 2 1

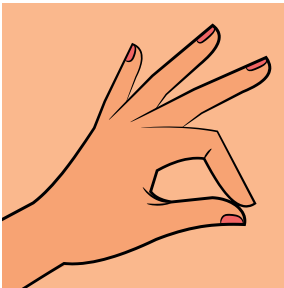
5 4 3 2 1

Try this grounding technique when you feel an anxiety attack coming on.



Name 5 things you can see

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Name 4 things you can touch

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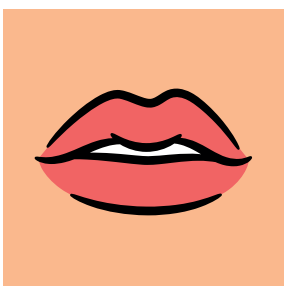
Name 3 things you can hear

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Name 2 things you can smell

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.....



Name 1 things you can taste

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