



5 - 4 - 3 - 2 - 1

CALMING & REFOCUSING STRATEGIES

HOW-TO DIRECTIONS

Procedure

- Breathe slowly in through your nose and out through your mouth while thinking of
 - 5 things you can see
 - 4 things you can touch
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste

Modifications

- Sit comfortably in a chair, on the floor, or stand
- Modify the list with fewer items
- One person names items to think about



VIRGINIA
Chief Movement Officer


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