

Ground Game

Instructions: This game can be done inside or outside. This is a simple count down with the 5 senses. Ask the child to identify:

- 5 things they see
- 4 things they hear
- 3 things they smell
- 2 things they touch
- 1 thing they taste

The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.

Acknowledge **5** things that you can see around you.



Acknowledge **4** things that you can touch around you.



Acknowledge **3** things that you can hear around you.

Acknowledge **1** thing that you can taste around you.



Acknowledge **2** things that you can smell around you.



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