



5-4-3-2-1

# Calming anxiety through noticing

NOTICE AND WRITE DOWN...

5 THINGS THAT YOU CAN SEE

- 1)
- 2)
- 3)
- 4)
- 5)

4 THINGS THAT YOU CAN HEAR

- 1)
- 2)
- 3)
- 4)

3 THINGS THAT YOU CAN FEEL

- 1)
- 2)
- 3)

2 THINGS THAT YOU CAN SMELL

- 1)
- 2)

1 THING THAT YOU CAN TASTE

- 1)