




5 4 3 2 1


SLOW DOWN & CALM DOWN


FIRST- TAKE 3 SLOW BELLY BREATHS!

5 List 5 things you can SEE 


4 List 4 things you can FEEL 

3 List 3 things you can HEAR 

2 List 2 things you can SMELL 

1 List something you like to TASTE 

FINISHED? TAKE ANOTHER 3 SLOW BELLY BREATHS



Please click on the picture to watch the video.