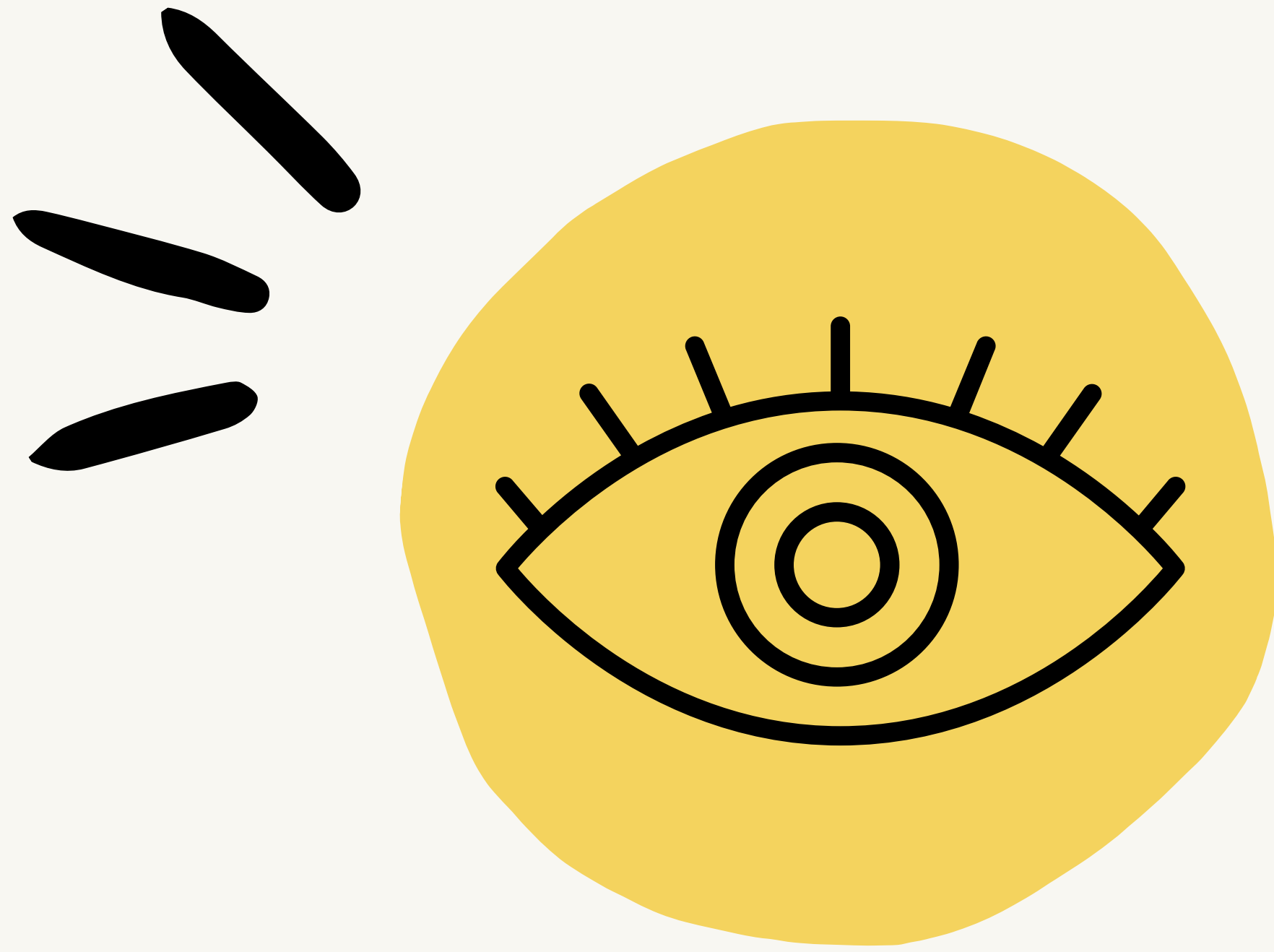
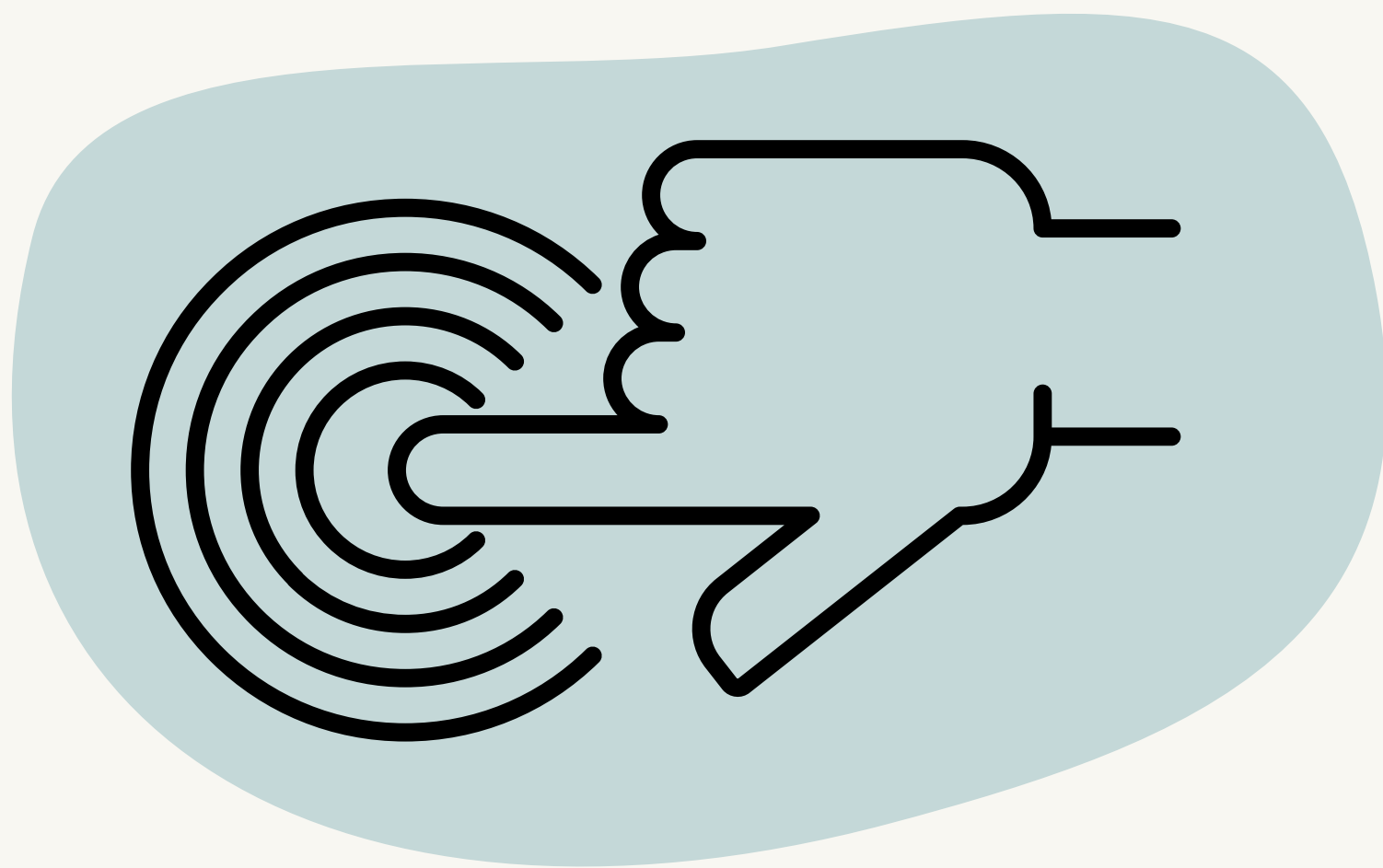


Be Kind to your mind!

If things are feeling like they're too much- try these five things to help keep calm. This is called grounding.



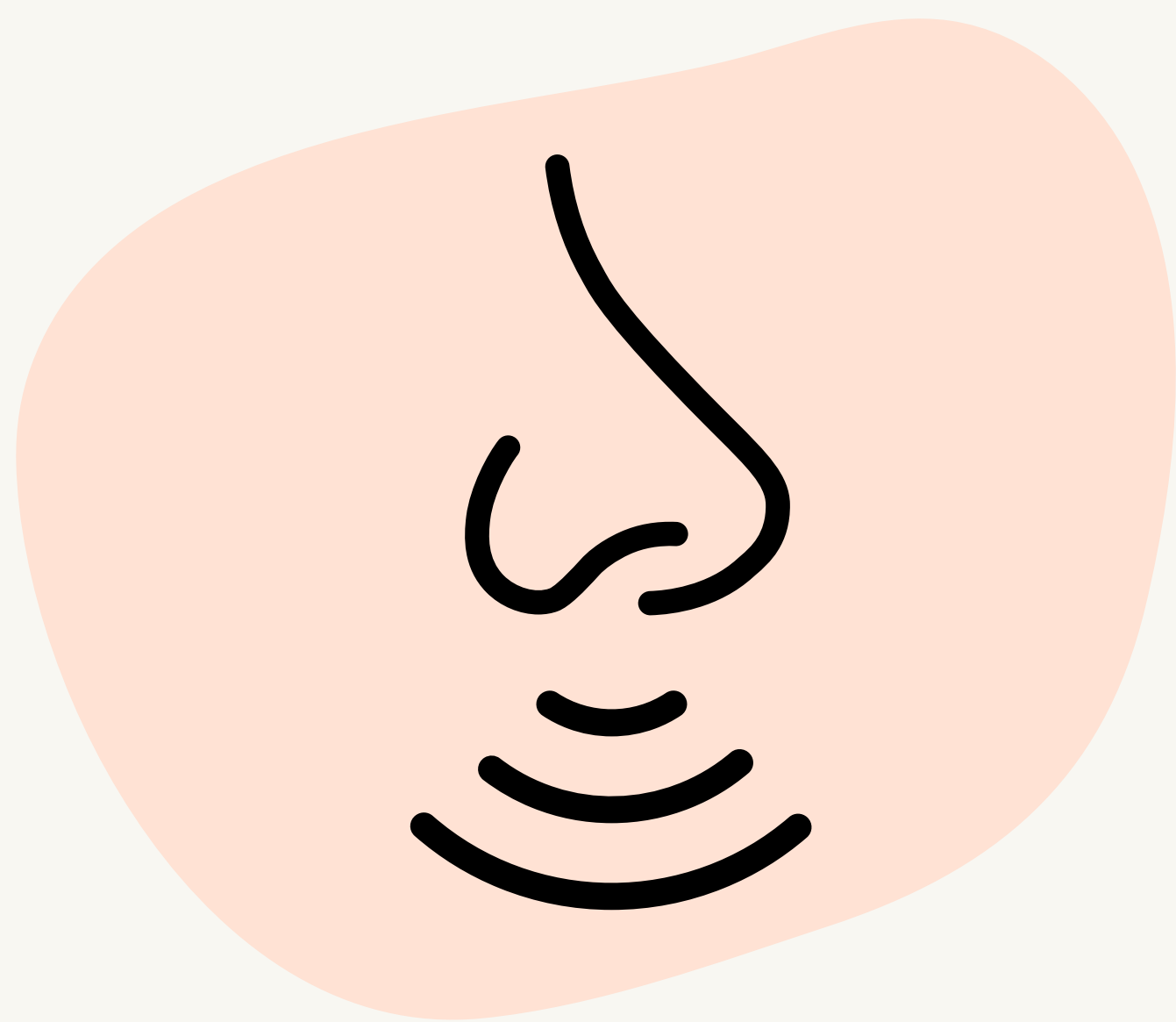
5 Name 5 things you can see. Write them down or say them outloud.



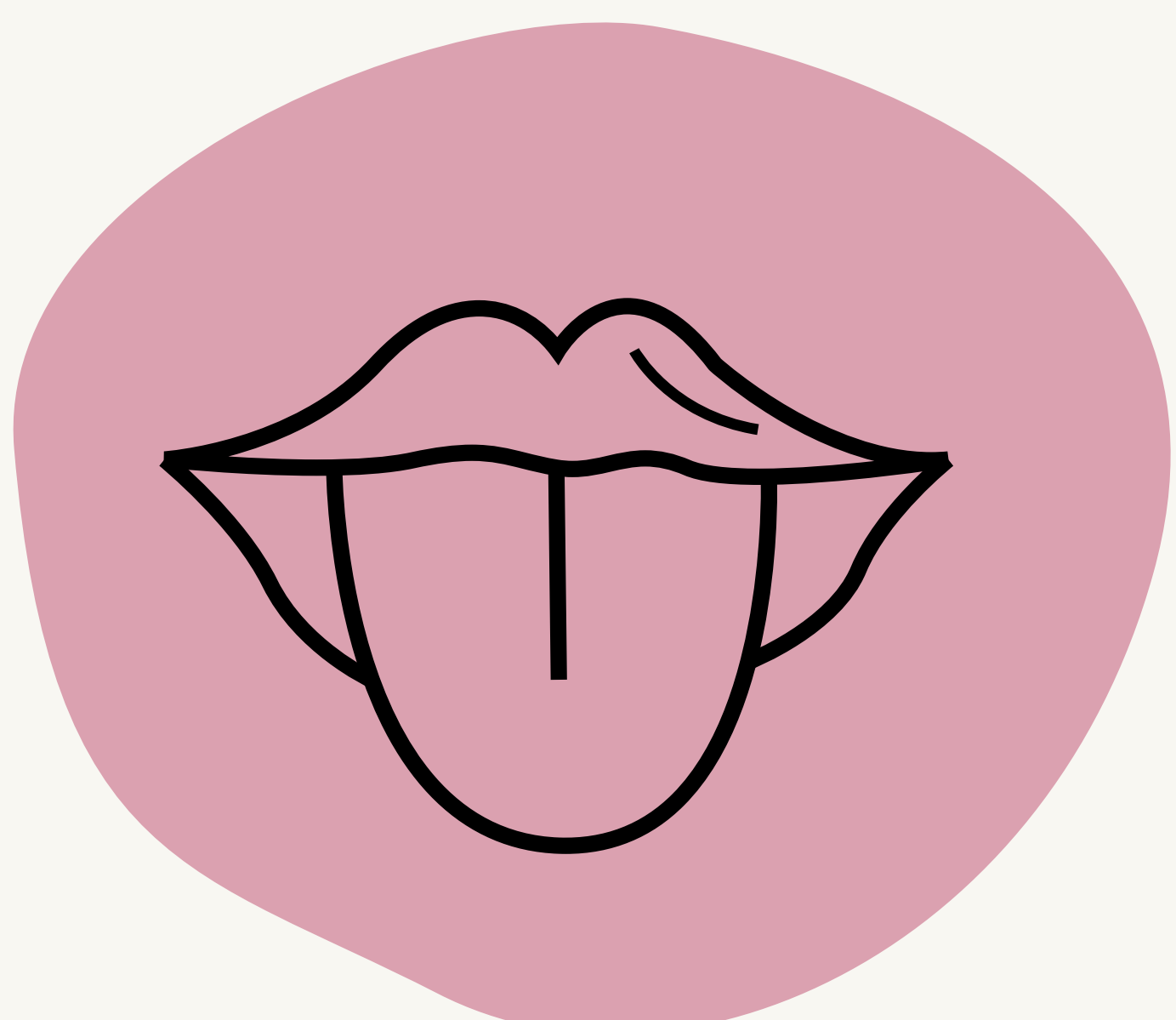
4 Name 4 things you can touch, or touch them and think about the different textures.



3 Name 3 things you can hear. Are they loud or quiet. Can you mimic any sounds?



2 Name 2 things you can smell. Do you have something with you that you like the smell of?



1 Name 1 thing you can taste. What did you last eat? Would you like to have a drink or soemthing to eat now?