



Sensing My Situation (5-4-3-2-1)



Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



Practice

Practice mindfulness by focusing your attention on different senses to connect with the situation around you. Start at 5 and explore one sense at a time:

- 5** things you see
- 4** things you feel
- 3** things you hear
- 2** things you smell
- 1** thing you taste

WHY TO TRY:

Paying attention to your senses can help to slow down your brain and body and connect you with the moment.

Try to find a moment each day of the week to practice the tool.



Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?





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