WHAT IS THE 5-4-3-2-1 TECHNIQUE?

Image by StockSnap from Pixabay

When you start to feel overwhelmed, try the 5-4-3-2-1 technique to help calm and ground you in the present moment. Take a few deep breaths, then mindfully notice 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

Practicing self-calming techniques encourages Self-management, one of five core Social Emotional Learning Competencies. Learn more here: bit.ly/nysel