

'5-4-3-2-1 Poster' has been designed to support children and young people with self-regulating big emotions and feelings. This is a discrete, easy to do coping strategy for grounding and calming down.

# 5-4-3-2-1 Coping Strategy

5

things you can see...



4

things you can feel...

Top tip: think about what you are wearing!



3

things you can hear..



2

things you can smell...



1

thing you want to taste...

