**St Bernadette Catholic Primary School**

**Special Educational Needs and Emotional Wellbeing Support for Home Learning**



**Feeling worried ~ Try the 5-4-3-2-1 technique**

5 ~ Name 5 things you can see .

4 ~ Name 4 sounds that you can hear

3 ~ Name 3 things you can feel.

2 ~ Name 2 scents that you can smell

1 ~ Take 1 bite / sip of 1 thing you can taste.



This roots the person in the present, resetting the mind and easing worries.