**St Bernadette Catholic Primary School**

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

![C:\Users\Blakie\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\ME6HLTKK\120px-Gnome-face-worried.svg[1].png]()

 **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.

![C:\Users\Blakie\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EVL0RJ8R\happy-sun[1].jpg]()

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