



**Let's do
something
cool,
together.**



Coping Skills

Where you can practice self-regulation and mental health awareness.

5,4,3,2,1

Using a grounding technique like "5,4,3,2,1" helps us come back to the present moment when our thoughts and feelings take over.

5,4,3,2,1

This grounding technique focuses on calming our mind and body and improving our mood. Grounding techniques also strengthen our instincts. "5,4,3,2,1" focuses on five senses: Sight, Hearing, Touch, Smell, and Taste. It can also help us regain our focus when we feel stressed by making us aware of what is in the room with us.

Materials Needed

No materials needed.

Together, let's relax our bodies, relax our shoulders, get in a comfortable seated position and sit tall as we're able. Take a slow, deep breath in, and let it out.

1. Now, look around the room and notice five (5) different things you can see.
2. Listen carefully and take note of four (4) things you can hear.
3. Run your hands over three (3) things around you, and describe how they feel.
4. Take a few deep breaths in through your nose, and observe two (2) different smells.
5. Focus on your mouth, and notice if there is one (1) thing you can taste.

It is extremely difficult to make good decisions when you aren't using your upstairs, thinking brain. When we are controlled by our downstairs brain, we can accidentally say or do something we don't really mean.



Share On Social

Now that you know how to do "5,4,3,2,1" teach someone at home this fun and easy way to handle stressful thoughts and situations. Share what you notice on your social media using #VirtualSpark. Then, challenge your friends to do the same! **#VirtualSpark**



Watch the Video on YouTube:
youtube.com/girlsempowermentnetwork

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The 6C's of Self-Efficacy

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Confidence



Coping Skills



Collaboration



Communication



Critical Thinking



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Empowerment Network

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