GRADES K-5

18 PAGES













54321 GROUNDING

CUE CARDS + WORKSHEETS

Bright Path Sped

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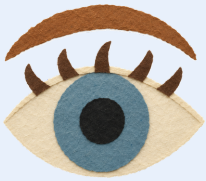
PREVIEW

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5-4-3-2-1

Slow down. Notice what is around you.

5



5 things I can see

Look around. Name 5 things you can see.

4



4 things I can touch

Name 4 things you can touch.

3



3 things I can hear

Listen. Name 3 things you can hear.

2



2 things I can smell

Name 2 things you can smell.

1



1 thing I can taste

Name 1 thing you can taste.

Take your time. Breathe in. Breathe out.

PREVIEW

Preview : Bright Path Sped

My name _____

Need an idea? Look here.

MY WORD BANK



5 See

- my desk
- a window
- the clock
- a door
- my shoes
- a book
- the board
- a plant



4 Touch

- my chair
- my sleeve
- a pencil
- the floor
- my hair
- a soft toy



3 Hear

- a clock tick
- my breath
- a friend talking
- a door
- my pencil
- the air vent



2 Smell

- my eraser
- my lunch
- markers
- fresh air
- my sweater
- soap



1 Taste

- a sip of water
- my mouth
- a mint
- a snack
- toothpaste
- lunch

My own ideas

PREVIEW

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Cut the strips. Keep one in your pocket.

 5 See	 4 Touch	 3 Hear	 2 Smell	 1 Taste
 5 See	 4 Touch	 3 Hear	 2 Smell	 1 Taste
 5 See	 4 Touch	 3 Hear	 2 Smell	 1 Taste
 5 See	 4 Touch	 3 Hear	 2 Smell	 1 Taste

PREVIEW

Preview : Bright Path Sped

My name _____

Draw what you notice.



5 See



4 Touch



3 Hear



2 Smell



1 Taste

PREVIEW

Small-Group Script Card

Read it aloud, slowly. About five minutes. Say it in your own words if you like.

Get ready	Sit or stand in a comfy spot. Feet on the floor, if you can. Hands in your lap or by your sides.
Breathe	"Take one slow breath in. Now let it out slowly." Pause.
5 see	"Look around. Name 5 things you can see." Wait for each child. Pause.
4 touch	"Name 4 things you can touch. You can touch your sleeve or your chair." Pause.
3 hear	"Listen. Name 3 things you can hear." Pause.
2 smell	"Name 2 things you can smell." If nothing comes, name 2 things you would like to smell.
1 taste	"Name 1 thing you can taste." A sip of water is fine, if your school allows it.
Close	"Take one more slow breath. How does your body feel now?" Thank the group.

Before you start

- Practice a round when everyone is calm, so it is easy to find later.
- Any child may pass, whisper or think their answer.

Group _____ Date _____

Notes on how it went

PREVIEW

5-4-3-2-1 Session Log

One row for each time you lead a round. Add them up at the end of the week.

Class or group _____ Adult _____ Week of _____

Day	Group	Children	Minutes	Notes

PREVIEW

Week total: sessions and minutes

_____

What I will try next week

_____

A Letter to Families

One page to send home when you teach 5-4-3-2-1.

Date _____ Class _____ Teacher or counselor _____

Dear families,

This week we practiced a calm-down routine called 5-4-3-2-1. It is a way to slow down and notice what is around us. We do it together, when everyone is feeling good, so it is easy to find later. We name:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

This week we practiced

_____

_____

You can try this at home

Pick a quiet minute with your child. Look, touch, listen, smell and taste, one sense at a time. Take it slowly.

_____

_____

A note from me (your words)

_____

_____

_____

Thank you, (teacher or counselor) _____ Family signature, if your school asks for one _____

PREVIEW