

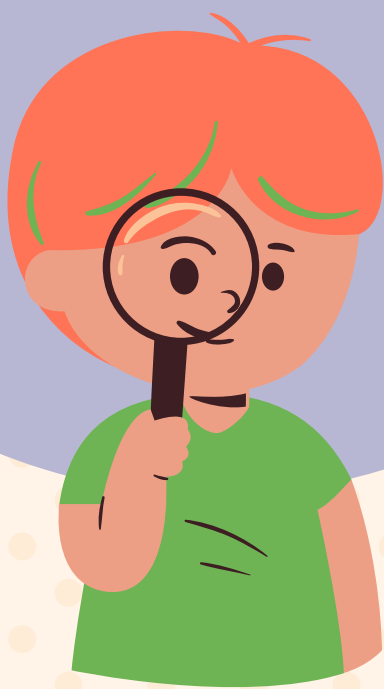
My Five Finger Calm Countdown

Start here.
Let's engage our senses.
5, 4, 3, 2, 1...calm.

5

See

List five things you
can see



4

Touch

List four things you
can touch



1

Taste

List one thing you
can taste



Smell

List two things you
can smell



2

Hear

List three things you
can hear



3