






5 ★ 4 ★ 3 ★ 2 ★ 1


SLOW DOWN & CALM DOWN

FIRST OFF - TAKE 3 SLOW & QUIET DEEP BREATHS!

5 List 5 things you can SEE 

4 List 4 things you can FEEL 

3 List 3 things you can HEAR 

2 List 2 things you can SMELL 

1 List something positive about yourself 😊
 MAKE today COUNT

FINISHED? NOW - TAKE 3 MORE SLOW & QUIET DEEP BREATHS ☺