



5-4-3-2-1 Game

The Goal: The point of this exercise is to teach a coping mechanism to students to help handle stress, panic attacks, or emotional overload.

Materials:

Room, circle of chairs, pencil and paper.

Step 1: Have everyone sit on a chair or the ground and think about five colors they see.

Step 2: Have students think about four sounds they *hear*.

Step 3: Have students move about the room and touch three objects. Ask them to think about how they *feel*.

Step 4: Have students remember two *smells*.

Step 5: Have students think of the *taste* of their favorite food.

Example: *I see the colors blue, grey, white, green, and red; I hear crickets, the air conditioning, people walking, and my breathing; I feel my pen, the carpet, and my shirt; I smell fresh air and my shampoo; I remember the taste of mocha-flavored ice cream.*

TIP: Incorporating these five stress coping steps into their routine can be a powerful tool for students navigating challenging moments. By grounding themselves in the present through colors, sounds, textures, smells, and tastes, students create a mental sanctuary, cultivate a sense of mindfulness, and regain control over their emotional responses. Students are encouraged to embrace these steps in moments of stress or frustration, finding solace and resilience in the simple act of reconnecting with their immediate sensory experiences.

RAMP (ASCA) Mindset & Behaviors addressed and developed:

Career: *Take Responsibility; Overcoming Obstacles; Positive Attitude.*

Social/Emotional: *Coping Skills; Self Advocacy; Whole Self; Self Confidence.*

