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PROPS for Mindfulness

Presented by Shareen Ratnani



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Printable Props



THE 5-4-3-2-1 COPING TECHNIQUE



SEE 5

Acknowledge five things that you can see around you.

TOUCH 4

Acknowledge four things that you can touch around you.



HEAR 3

Acknowledge three things you can hear around you.

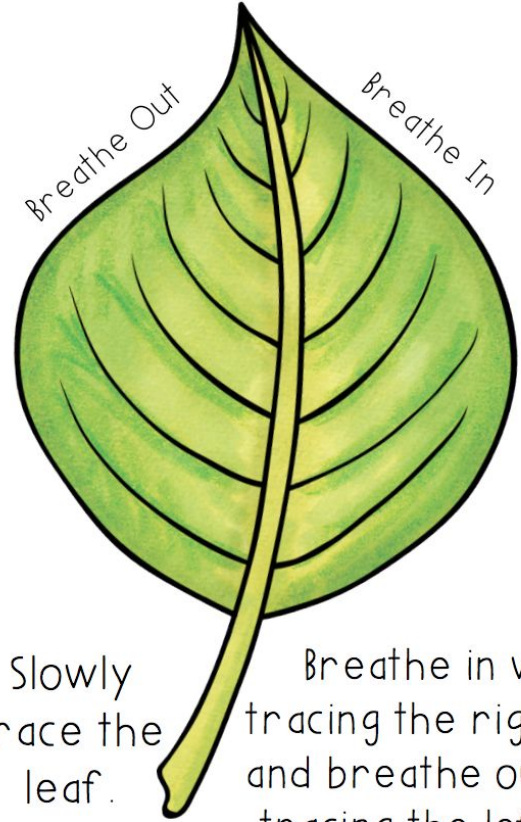
SMELL 2

Acknowledge two things around you that you can smell.



TASTE 1

Acknowledge one thing around you that you can taste.



Slowly trace the leaf.

Breathe in while tracing the right side, and breathe out while tracing the left side.





