



My Take 5 Moment


When your child needs a check-in or a reset, do these “Take 5” activities together. Fill out the page side by side so it’s ready when you need it.

1 thing I need right now:


 _____


2 things I can do when I’m upset:


 _____

 _____

3 people I can reach out to:



 _____


 _____

 _____

4 deep breaths- Try one of the deep breathing techniques 4 times (scan the QR code for directions)



 **figure 8 breathing**



 **squeeze the lemon**


 **rainbow breaths**



 **pretzel breathing**

5 senses awareness check-in

 **What do I see?** _____

 **What do I smell?** _____

 **What do I hear?** _____

 **What do I feel?** _____

 **What do I taste?** _____