



Name: _____

Class: _____ Date: _____

Ground Yourself with 5-4-3-2-1

An activity of "Tee and Boba".

Read the comics "Tee and Boba" (page 28, *What's Up* June 2024). Boba talks about mindfulness. Mindfulness is being completely aware of your own body, where you are, and what you are doing. As you can see from Tee and Boba's expressions, mindfulness can be enjoyable. There are also little mindfulness activities that can help when we feel panicky. Here is one such activity that you can try in small groups of two or three.

1. Watch the following video:

The 5-4-3-2-1 Method: A Grounding Exercise to Manage Anxiety

➤ <https://youtu.be/30VMIEmA114?si=Of47aSuoP1x SGxM>

(The Partnership in Education, Jan 12, 2021)

2. In your group, find a peaceful place around school to settle yourselves. Apply what you have learned from the video and fill in the table below, taking time to list what you notice and describe them in detail:

Start by breathing in deeply in through your nose and out through your mouth. Then slowly look at your surroundings.

Notice in detail....	Description
<p><u>FIVE things that you can see</u> (e.g. I see a mynah feather blown and caught at the corner of the bench leg. It is a little frayed with bits of dust and dirt particles caught in the downy section.)</p>	<ul style="list-style-type: none"> • • • • •

<p><u>FOUR things that you can touch</u> (e.g. I feel the woodgrain of the bench I am sitting on. The wood fibres are surprisingly smooth and cool to the touch and feel like gentle, wavy bumps when my fingers rub across them.)</p>	<ul style="list-style-type: none"> • • • •
<p><u>THREE things that you can hear</u> (e.g. I hear a cicada singing shrilly from a distant tree. It sounds like it's trying to sustain the high notes like an opera singer.)</p>	<ul style="list-style-type: none"> • • •
<p><u>TWO things that you can smell</u> (e.g. I can smell the spicy, savoury fragrance of hot, soupy mee soto from our school canteen nearby. It's making me hungry.)</p>	<ul style="list-style-type: none"> • •
<p><u>ONE emotion you can feel</u> (e.g. I feel calm and quiet inside. A bit like a floaty cloud drifting slowly across the sky.)</p>	<ul style="list-style-type: none"> •

3. Based on your experience of this activity, respond to the following questions.

a) Which of the senses (sight, touch, hearing, smell) was the easiest for you to focus on during the exercise? Which was the hardest? Why do you think that is?

b) Describe a recent situation where you felt anxious. How did your body react, and what thoughts were running through your mind?

c) Can you think of specific times or situations where this exercise might be particularly helpful?