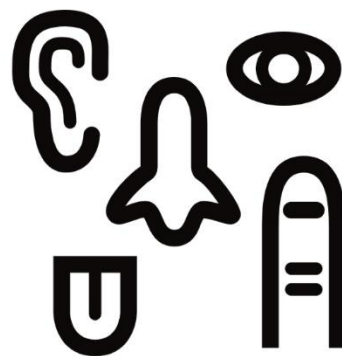


THE 5 SENSES



In chapter 15 Amy tries you use this technique.

In these chapters Amy attempts to use a grounding technique to control her emotions. Using this strategy involves employing our senses to effectively think of something that changes our focus.

EXAMPLE:

SIGHT _ _ _ _ _

HEARING _ _ _ _ _

SMELL _ _ _ _ _

TOUCH _ _ _ _ _

TASTE _ _ _ _ _

5,4,3,2,1 SENSES

When you are in a high emotional state you can manage your emotions by using this grounding technique (You can use your imagination if you need to).



5 things I can see...

4 things I can hear...



3 things I can smell...



2 things I can taste...

or



2 things I can feel ...

1 deep breath...

5,4,3,2,1 SENSES

Thomas is addicted to playing his console and chatting with his friends online. But for some reason he can't get connected. He tried turning it off and on, his Dad did a reset on the Wi-Fi and he tried signing out and back in. But still, it won't connect.

He can feel emotions kicking in. Frustration is growing. His face is becoming red, his temper is growing, and he even throws his controller against the wall.

Using the 5,4,3,2,1 skill give Thomas advice on how to manage his emotions.

