

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?
