

WONDERS & WORRIES ACTIVITY

Mindfulness 5-4-3-2-1



Wonders & Worries

Professional support for children
through a parent's illness or injury.

We will, together.



Focus: Self-Awareness and Coping

Goals:

- Practicing mindfulness as a family to emphasize value on grounding activities, especially while navigating challenges.

Materials Needed:

- A favorite candy or drink

Instructions:

Discuss the concept of mindfulness – the ability to be fully present and aware. When stress and anxiety are overwhelming, it may be difficult to stay in the moment. Incorporating mindfulness activities helps to interrupt anxious thoughts.

The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.



5



4



3



2



1

1. Find a comfortable place to be for the activity. Invite everyone to share how they are feeling prior to activity – “How does your body feel?” “How does your mind feel?”
2. Explain the 5-4-3-2-1 grounding exercise:
 - 5 things you can see
 - 4 things you can feel
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste
3. At the start of the activity, have everyone take a few deep cleansing breaths while focusing on relaxing their muscles. Have everyone practice the grounding activity with a piece of candy.
 - Start by opening the candy and have everyone describe what they see: color or design of the wrapper, the size of the candy (etc.).
 - Describe how the candy feels: the texture of the wrapper and the piece of candy.
 - Describe what is heard: the crinkle of the wrapper (etc.).
 - Describe what they smell: the scent of the candy.
 - Lastly, taste the candy and describe the flavors.
4. Then, spend time reflecting on how everyone is feeling. Encourage talking about how the activity could be beneficial at certain points during the day (before a test, during moments of frustration or anger).



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