

# Calming Countdown

Guide your child through the Calming Countdown. This sensory grounding technique is a great way to help ease your child's worries and teach the importance of connecting to the present moment.

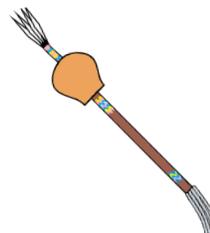
## Name 5 things you can see.



## Name 4 things you can feel.



## Name 3 things you can hear.



## Name 2 things you can smell.



## Name 1 thing you can taste.

