

# 54321 Activity

1.

*This is a mindfulness-based grounding activity designed to assist clients who may be dysregulated or experiencing anxiety, panic, stress or strong cravings. It contains a suggested script for guiding your client through the activity.*

## Firstly, ask permission

It sounds like you are feeling really stressed / anxious / upset at the moment and I really want to be able to talk to you about what is going on. Is it okay if we try a little activity to see if we can calm things down a little bit so we can talk?  
*(wait for response)*

## Explain the concept

Okay so the activity is called 5,4,3,2,1 and it's a grounding exercise. A grounding exercise basically means that when we are feeling overwhelmed we can do things to help us bring our thoughts back to the present moment or the 'here-and-now'. So I'm going to ask you to name some things going from 5 all the way through down to 1 and hopefully by then you will feel a little bit more centred.

**5. So firstly, what are five things that you can see right now?** It can be anything, like the light reflecting off something, a pattern in your clothing, or something nearby. *(client lists 5 things; you may explore in more detail what these items look like)*

**4. Next, what are four things that you can touch or feel?** It could be the temperature, how your clothes feel on your skin, the chair that you are sitting in, or the ground beneath your feet etc. *(client lists 4 things; you may explore in more detail what these items feel like)*

**3. Next, what are three things that you can hear?** If you're in a safe space you might like to close your eyes to focus. It could be the fridge humming, the traffic in the distance, birds or insects, or even just my voice. *(client lists 3 things; you may explore in more detail what these sound like)*

**2. Next, what are two things you can smell?** It could be perfume, grass, flowers, food or cooking. If there is nothing nearby maybe you can look for something that has a scent? *(client lists 2 things; you may explore in more detail what these smell like)*

**1. Lastly, what's one thing you can taste?** If you find this difficult, it can even be the taste of your mouth or your tongue if you can taste it...

Or, alternatively...

That's great. So we have come all the way down from 5,4,3, to 2 and now, for the last one, we are going to take a nice, slow, deep breath together. Ready? Breathe in..... And breathe out (slowly)

## Debrief the activity

So tell me, how did you feel doing that activity and how do you feel now? *(explore)*