

PRESENT MOMENT EXERCISE

HELP YOUR CHILD BRING THEIR ATTENTION BACK TO THE PRESENT



5 THINGS YOU CAN SEE

Look around you, what 5 things can you see? Inside the house? What about outside, can you look out your window?



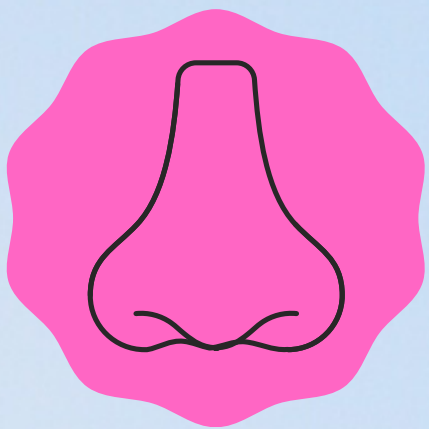
4 THINGS YOU CAN HEAR

Listen really hard, what 4 things can you hear? Open the window, what can you hear outside?



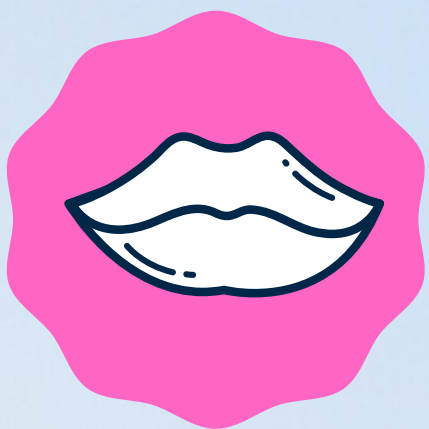
3 THINGS YOU CAN TOUCH

What 3 things can you touch? What do they feel like? What do you think of this feeling?



2 THINGS YOU CAN SMELL

What 2 things can you smell? What do you think of these smells? Open the window, what can you smell outside?



1 THING YOU CAN TASTE

What 1 thing can you taste? Do you like the taste?

BRISTOL EDUCATIONAL PSYCHOLOGY SERVICE

Resource based on paper from Szabo, Richling, Embry, Biglan and Wilson (2020) From helpless to hero: Promoting values-based behavior and positive family interaction in the midst of Covid-19