Use this mindfulness method to calm your mind and bring your focus to the present moment.

Take a deep breath. Focus on what’s around you. Think about and name...

- 5 things you can see
- 4 things you can feel or touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

For more self-care ideas for kids, go to u.org/self-care-kids