



CENTRE FOR AUTISM
MIDDLETOWN

Move your body,
walk/dance/run



Talk to a
friend/family
member



Try a grounding
exercise

5 4 3 2 1 Grounding Exercise

LOOK	FEEL	LISTEN	SMELL	TASTE
Think of 5 objects you can see near you	Think of 4 things you can touch near you	Think of 3 noises you can hear near you	Think of 2 scents you can smell near you	Think of 1 thing you can taste
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Try some
breathing
exercises



7 COPING SKILLS FOR ANXIETY

Distraction -
(watch tv/ paint/
play with special
interest/ spend
time with your pet)



Meditation



Spend time in nature -
gardening, walk in the
park, sit by the river

