**FIVE Things You SEE**
- Counting items in the room, shapes, colors, or objects.

**FOUR Things You FEEL**
- Feet on the ground: is it a rough/smooth surface? Is it cold/hot?

**THREE Things You HEAR**
- People talking, clock ticking, keyboard, computer mouse.

**TWO Things you SMELL**
- Detergent on clothes, soap, food.

**One Thing you TASTE**
- Food, toothpaste, snack.

**Counting Exercise**

1. **BREATHE IN FOR 3**
2. **HOLD FOR 3**
3. **BREATHE OUT FOR 3**

**Do stretch exercises with the child when they appear tired**

**Effective Communication**

- **REMINDERS**
  - Maintain Self-Control
  - Be open-minded
  - Be aware of your body language
  - Give Space
  - Give breaks
  - Empower the child
  - Utilize open-ended questions
  - Acknowledge what the child is telling you.

**De-Escalation**

- Answer the child's questions but do not respond to the child's behavior.
- Try to redirect the conversation by distracting the child using positive statements and reinforcement.
- Acknowledge that the child can refuse to answer questions. Do not force the conversation.
- Return to the question when the child is ready.
- Use strategies to reduce the child's frustration.