SENSORY solutions™

COUNTDOWN to calm

Sensory-Rich Grounding Activity
for the Whole Class



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tips for use

ASCA standards:
- M 1
- B-SMS 2
- B-SMS 7

This regulating activity helps students use their sensational senses to get learning-ready.

Print and hang this activity to use often. You could also keep a copy in your calming corner.

Do this as a class before transitions, when energy is too low or too high, or any time an emotional reset is needed.

Some students with more severe sensory processing issues may find certain activities dysregulating. Stay curious and adjust as needed.

Try ending with one more big, deep breath in and a long breath out. It's like a hug for the Upstairs Brain!

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Countdown to Calm



8

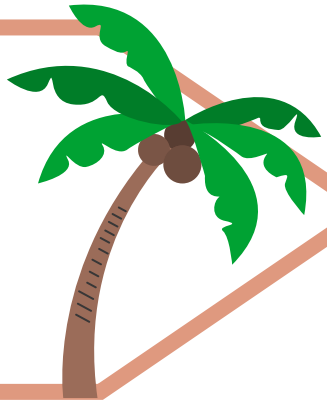
MOVE

Jump as high as you can 8 times.

7

BALANCE

Gently sway side to side 7 times.





6

BREATHE

Take a deep breath in and slowly count to 6 as you exhale.

5

LOOK

Notice 5 different colors.



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Countdown to Calm



4

FEEL

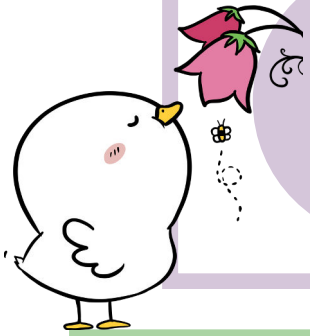
Pay attention to 4 things you feel with your hand or touching your skin.

3

LISTEN

Listen for 3 different sounds.





2

SMELL

Can you notice 2 smells nearby?

1

TASTE

Wiggle your tongue around your mouth to discover 1 taste.



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