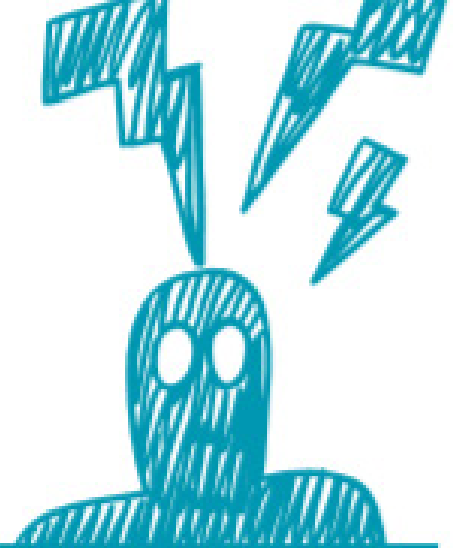


Activity:

Rant to relax in 5, 4, 3, 2, 1



Aim

A similar activity that illustrates how we can interrupt negative thoughts or experiences of stress by using simple techniques to distract our mind, slow things down and ground our feelings. This time the activity allows young people to personalise the experience by talking about what annoys them

1 Rant

- Divide the group into pairs, and say: "Face your partner and begin to speak out loud, talking over each other and starting with the sentence 'Do you know what REALLY annoys me...'"
- For 15 seconds continue to rant as loudly as you feel comfortable with.
- SWAP partners... and repeat.

2 Relax

- After a suitable period, stop everyone and read the Rant to Relax script below.



3 Reflect

- How did that feel? If we had let the rant continue what might have happened? If we were thinking about something that REALLY annoyed us, might our brain have taken over and our rant stronger? What examples can you give of a time when your thoughts have taken over because you have felt very strongly about something. What benefit do you think there would be in distracting your mind to interrupt these thoughts?

The Rant to Relax script

"And STOP. Turn to face me. Feet planted. Hand high in front of your face. Five fingers opened wide in front of you...

FIVE. Now notice five things you can see around you. Count under your breath as you see them... one, two, three, four, five. One finger down... **FOUR.**

Now move from your spot to touch four things in the room... one, two, three, four. Think about how they feel. Soft... hard... smooth... cold...

One finger down... **THREE.**

Zone in... to three sounds you can hear in the room... one, two, three. Think about each sound. Is it coming from a person? A clock? From outside?

One finger down... **TWO.**

Now breathe... What two smells can you pick up in this moment? One, two. Maybe body spray you put on this morning?

One finger down... **ONE.**

Now taste... What taste you do have in your mouth? Maybe take a drink... or choose a sweet. Take these few seconds to think of nothing but this one taste."

Participants sensitive to noise or with speech difficulties



The Child Brain Injury Trust recommend this approach for these groups:

- **TIP** Demonstrating the feeling of chaos or a 'busy brain' by setting a task that might be frustrating — for example, a puzzle to complete in a short space of time.
- **WHY?** This may be a stressful activity for those with sensory difficulties, and the benefit of demonstrating how we can interrupt 'chaos' may be outweighed by the stress they could feel.

