The 54321 game

• Name 5 things you can see in the room with you.

• Name 4 things you can feel (“chair on my back” or “feet on floor”)

• Name 3 things you can hear right now (“fingers tapping on keyboard” or “tv”)

• Name 2 things you can smell right now (or, 2 things you like the smell of)

• Name 1 good thing about yourself

**Re-orient yourself in place and time by asking yourself some or all of these questions:**

1. Where am I?

2. What is today?

3. What is the date?

4. What is the month?

5. What is the year?

6. How old am I?

7. What season is it?