



This thinksheet supports the concepts taught in the *Superflex Curriculum* and *Social Town Citizens*

## The 5's Strategy to Knock Down Worry Wall Thinksheet

5 Things you See



\_\_\_\_\_

4 Things you Feel



\_\_\_\_\_

3 Things you Hear



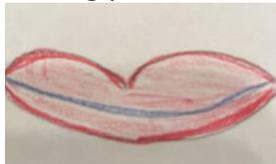
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2 Things you Smell



\_\_\_\_\_

1 Thing you Taste



\_\_\_\_\_

Was this helpful?

YES

No