

“Step Outside”

5-4-3-2-1 OUTDOOR CHALLENGE

Give your Nature brain a break!

When your brain is stuck...
After a seizure, when one might
becoming, or medicine side effects
or worries take over, your thoughts
can feel endless.
CHANGE YOUR SCENE.
GIVE YOUR MIND A BREAK.
GO OUTSIDE AND TRY THIS.



You can do this alone or
with a friend, sibling,
parent or someone you
trust.



Use your surroundings to pause your worry, reset your focus and breathe!

5

**THINGS
YOU CAN
SEE!**

Look around you! What do you see?

1. _____ 4. _____
2. _____ 5. _____
3. _____

4

**THINGS
YOU CAN
TOUCH!**

What can you feel with your hands?

1. _____ 3. _____
2. _____ 4. _____

3

**THINGS
YOU CAN
HEAR!**

Listen carefully. What do you hear?

1. _____ 3. _____
2. _____

2

**THINGS
YOU CAN
SMELL!**

What smells can you notice?

1. _____ 2. _____

1

**THING
YOU
REALLY
LIKE!**

What is one thing you really like right now?

1. _____

**YOUR CHOICE!
HOW WILL
YOU
CAPTURE
YOU LIST?**

THINK OF THEM



WRITE THEM DOWN

SAY THEM OUT LOUD TO
YOURSELF OR SOMEONE ELSE



RECORD THEM ON
YOUR PHONE



TAKE A PHOTO OF
SOMETHING YOU LIKE!



HOW DO YOU FEEL NOW?

Take a moment to check in with yourself. Write anything that comes to mind.



You don't have to
stop all worries.
you just gave your
brain a break.
That is a win!

REMEMBER

- It's okay to have tough days!
- You are not alone!
- Reaching out for support is a sign of strength!
- If you ever feel unsafe or think you may have a seizure, stay somewhere safe and let a trusted adult know.