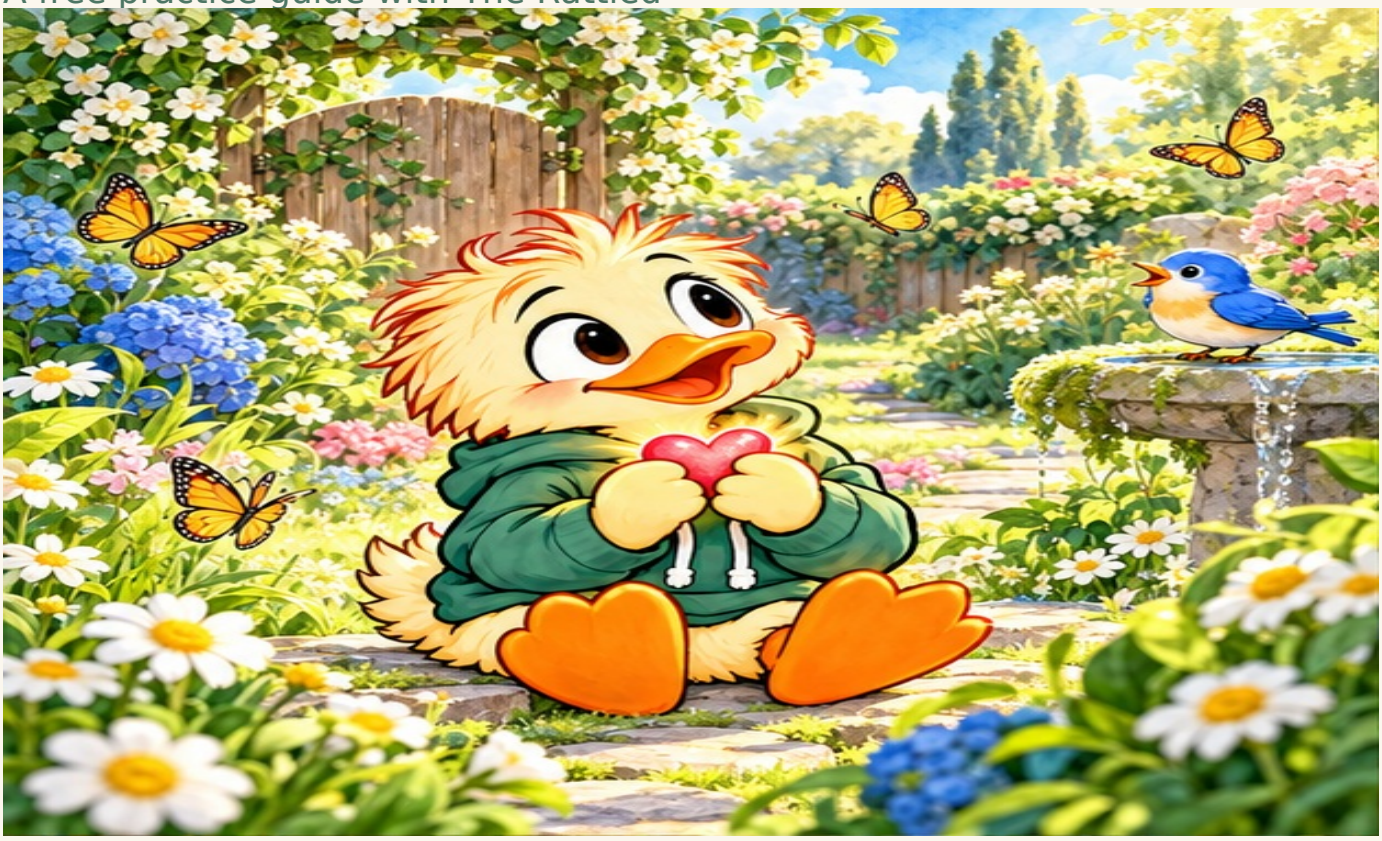
Three small steps for anxiety

A free practice guide with The Rattled



Notice the present. Make room for a new thought. Build a familiar next step.

Try these exercises with a trusted grown-up. You can write, draw, or say your answers. You do not have to feel perfectly calm to practice.

Inside: 1. Five-senses grounding 2. Flower-petals thought reframe 3. Build a predictable routine

EXERCISE 1

Come back to right now

Five-senses grounding | Try for 2-3 minutes



What it is

The Rattled practices noticing what is here right now. When worries feel loud, your senses can help you notice your surroundings.

Try it

Name 5 things you see.
Notice 4 things you feel or touch.
Listen for 3 things you hear.
Notice 2 things you smell.
Notice 1 thing you taste.

Keep it comfortable: skip any sense you cannot use or do not enjoy. Notice extra sights or sounds instead. No need to touch, smell, or taste anything new.

Example: a green leaf, feet on the floor, birds singing, the smell of your snack, and a sip of water.

What did I notice? Write or draw a few details.

What changed, if anything, in my body or attention?

No change is still useful information. Try fewer senses or ask for support.

EXERCISE 2

Grow another possibility

Flower-petals thought reframe | Try for 5 minutes



What it is

A worry is a thought, and it may not tell the whole story. The Rattled uses flower petals to explore other fair, helpful possibilities.

Try it

1. Write your worry in the center.
2. Name what you know for sure.
3. Add a fair possibility to each petal.
4. Choose one thought and one small action.

Example: "I will get every answer wrong."
Another possibility: "Some questions may be hard. I can try one at a time and ask for help."

My worry (the center of my flower):

What do I know for sure? What am I predicting?

Three petals: other fair possibilities or helpful reminders

One thought I can practice and one step I can take:

A grown-up can help explore ideas without promising that nothing bad will happen.

EXERCISE 3

Make the next step familiar

Build a predictable routine | Try for 5 minutes



What it is

A routine is a familiar order of things you do. The Rattled chooses a few steps to make part of the day feel more manageable.

Try it

1. Choose one part of your day.
2. Pick two or three small steps.
3. Write or draw your plan.
4. Practice, then adjust what helps.

Example after school: have a snack, take a quiet break, then start one task. Your grown-up can help choose steps that work for you.

One part of my day I want to support:

My first step:

My second step:

My third step (optional):

If plans change, I can:

Plans can change. Pause, ask for help, and choose your next step.

Keep practicing, one small step at a time

My practice plan

The exercise I want to try again:

When and where I will practice:

Who or what can support me:

For the grown-up

Practice together during calmer moments. Offer choices, use drawings if writing is difficult, and recognize effort. Avoid forcing a sense or insisting that worry disappear. If anxiety keeps interfering with school, sleep, or daily life, seek professional support.

Explore the Member Resource Library

Discover more educational tools for understanding anxiety, practicing regulation skills, and building supportive habits. Membership is $5 per month.
opennesswiththerapy.com

These educational exercises support practice and do not replace individualized therapy or crisis care. Therapy and sensory assessment services through Openness With Therapy are available in Maryland only.

Further reading

NHS Inform: Grounding exercises
NHS Every Mind Matters: Reframing unhelpful thoughts
The flower-petals format and routine worksheet are original practice adaptations.