The 5-4-3-2-1 Plan

Empowering individuals to safely stand up to bullying starts with planning and practice - and for many neurodivergent children, using a simple 5-4-3-2-1 script can make all the difference.

5 Things I can Say



Have calm phrases ready to help someone respond to unkind comments or actions.

Examples:

- I'm not okay with that
- I'm walking away now
- Please stop, That's not kind
- That's your opinion, not my reality
- You must be having a rough day

4 People Who Can Help



Identify who your safe people are.

Examples:

- Friend
- Counselors
- Parents or Guardians
- Office or Job Staff

3 Places I Can Go



Have some ideas for safe spaces to go to.

Examples:

- Near a safe person
- A Quiet Room or Calm Space
- A Public Space (like a library or community center)

2 Ways to Stay Calm



Know some ways to calm your body.

Examples:

- Practice slow breathing
- Give yourself a tight hug

1 Thing to Tell Myself



Have a script they can tell themselves when needed.

Example:

- I am kind, I am safe, I am not alone.

Based on the 5-4-3-2-1 Plan developed by Dr. Liz Angoff. learn more at www.drlizangoff.com

ECHO AUTISM COMMUNITIES