

5-4-3-2-1 GROUNDING EXERCISE

Directions:

Begin by taking a deep belly breath. Then follow the pictures left to right. End by taking another belly breath.

5

Look around for five things you can see.



SEE

- 1.
- 2.
- 3.
- 4.
- 5.

4

Think of four things you can feel.



TOUCH

- 1.
- 2.
- 3.
- 4.

3

Listen for three sounds.



HEAR

- 1.
- 2.
- 3.

2

Find two things you can smell.



SMELL

- 1.
- 2.

1

Name one thing you can taste.



TASTE

- 1.

AWESOME JOB!