

5-4-3-2-1

Grounding technique

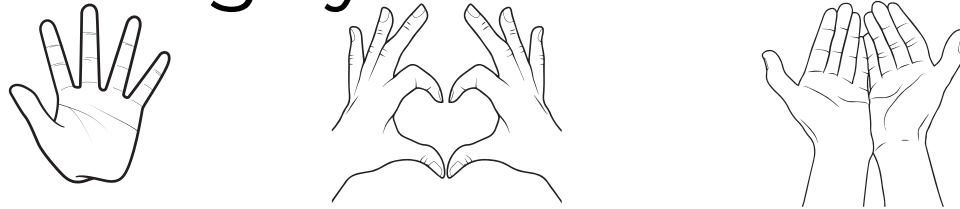
A calming technique that connects you with the present by exploring the five senses.

INSTRUCTIONS: SITTING OR STANDING, TAKE A DEEP BREATH IN, AND FOLLOW THE PROMPTS. DESCRIBE EACH SENSE AS YOU USE IT IN YOUR HEAD OR OUT LOUD.

5 things you can see



4 things you can touch



3 things you can hear



2 things you can smell



1 thing you can taste

