

GROUNDING WITH YOUR FIVE SENSES

What are

5

THINGS YOU
CAN SEE



Ideas

SUN
PICTURE ON THE WALL
**PEOPLE
WALKING**

4

THINGS YOU
CAN FEEL



**WIND
BLOWING**
FEET ON THE FLOOR
PENCIL IN HAND

3

THINGS YOU
CAN HEAR



**BIRDS
CHIRPING**
CLOCK TICKING
CAR HORNS

2

THINGS YOU
CAN SMELL



**FOOD FROM THE
CAFETERIA**
LAUNDRY DETERGENT ON CLOTHES
**FRESH CUT
GRASS**

1

THING YOU
CAN TASTE



MINT
Breakfast
TOOTHPASTE