

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

