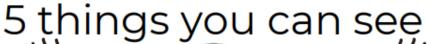
## 5-4-3-l-1Grounding technique

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.









4 things you can touch







2 things you can smell







1 thing you can taste





