

# 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**