

5 SENSES GROUNDING TECHNIQUE



Sometimes our hearts or minds feel like they are racing. Sometimes we might feel a bit anxious. Grounding techniques help us practice slowing down, and help us reconnect to the here-and-now.

Sit or stand still. Remember: 5, 4, 3, 2, 1

Take a deep breath, and right in this moment, say 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