

# 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**