

5,4,3,2,1 Grounding Exercise

This easy grounding exercise involves using your five senses. This technique brings your awareness to the present moment, giving your body and mind the chance to calm down. It's simple enough that it can be done in any environment or situation, and nobody would even notice that you were doing it!

**5 things
you can
see**



**4 things
you can
touch**



**3 things
you can
hear**



**1 things
you can
taste**



**2 things
you can
smell**



**What 5 things
can you see?**

- 1
- 2
- 3
- 4
- 5

**What 4 things can
you touch?**

- 1
- 2
- 3
- 4

**What 3 things
can you hear?**

- 1
- 2
- 3

**What 2 things
can you smell?**

- 1
- 2

**What 1 thing
can you taste?**