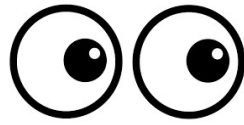


## Grounding with your 5 senses!!

Ask yourself.....

5 things you can see!



Ideas...un, picture on the wall, people around you.

4 things you can feel!



Ideas...wind blowing, feet on the floor, pencil in hand.

3 things you can hear!



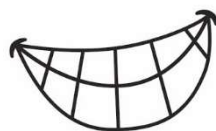
Ideas...Birds chirping, clock ticking, car travelling.

2 things you can smell!



Ideas...smell detergent from clothes, hand wash.

1 thing you can taste!



Ideas...toothpaste in the morning, breakfast or lunch!