

5 - 4 - 3 - 2 - 1

Grounding Technique

Take a Deep Breath and Identify

1. Things You Can **Feel**

2. Things You Can **See**

3. Things You Can **Hear**

4. Things You Can **Smell**

5. Things You Can **Taste**

5 - 4 - 3 - 2 - 1

Grounding Technique

Write or Draw What You Can Identify

1.

2.

3.

4.

5.