

GROUNDING WITH YOUR FIVE SENSES

WHAT ARE IDEAS		
5 THINGS YOU CAN SEE		THE SUN A LIGHTSWITCH BIRDS FLYING
4 THINGS YOU CAN FEEL		A BREEZE THE FLOOR THE SURFACE OF YOUR DESK
3 THINGS YOU CAN HEAR		CAR HORN A DOG BARKING CLOCK TICKING
2 THINGS YOU CAN SMELL		FOOD COOKING LAUNDRY DETERGENT FRESH CUT GRASS
1 THING YOU CAN TASTE		GUM BREAKFAST TOOTHPASTE



Things to help me if I am worried

1. Watch video
2. Try out grounding
3. Complete worksheet
4. Play a memory game
5. DANCE

WELCOME BACK

