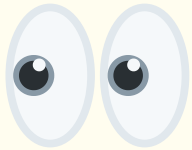
Worksheet: Grounding 5-4-3-2-1

Instructions: Focus on what is around you using all five of your senses. Write them down here:

5 things you can see (for example, trees outside, a computer screen)



1. _____
2. _____
3. _____
4. _____
5. _____

4 things you can touch (for example, your clothes, your shoes, your fingers, the floor)

1. _____
2. _____
3. _____
4. _____

3 things you can hear (for example, someone talking in the house or the wind outside). If you cannot hear three things, take a walk and find them!

1. _____
2. _____
3. _____

2 things you can smell (for example, food or your clothing). You can move around for this one too if you have trouble finding things. The kitchen usually has lots of things to smell!

1. _____
2. _____

1 thing you can taste (for example, something you ate or drank earlier). If you can't taste anything just notice how that is too.

1. _____