

GROUNDING WITH YOUR 5 SENSES

When you are feeling overwhelmed or anxious, taking some time to notice the things around you can help you calm down. Practice being mindful of your surroundings right now by writing down what you see, feel, hear, smell and taste.

5



THINGS YOU CAN SEE

4



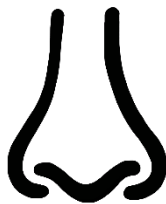
THINGS YOU CAN FEEL

3



THINGS YOU CAN HEAR

2



THINGS YOU CAN SMELL

1



THING YOU CAN TASTE

Name: _____