

# GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

5

THINGS YOU CAN  
**SEE**



(details of a picture, a book, a colour, a shape)

4

THINGS YOU CAN  
**TOUCH/FEEL**



(your hair, the chair, your feet on the floor)

3

THINGS YOU CAN  
**HEAR**



(a clock, distant traffic, the wind, silence)

2

THINGS YOU CAN  
**SMELL**



(a candle, your soap, fresh air, paper)

1

THING YOU CAN  
**TASTE**



(mint, gum, your last meal, water)