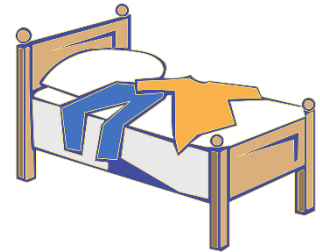


Date: _____

5, 4, 3, 2, 1 grounding activity

Focus on where you are. Find:

+ 5 things you can see 



+ 4 things you can touch 



+ 3 things you can hear 

+ 2 things you can smell
(or a smell you like)



+ 1 thing you can taste
(or a taste you like)

