

5-4-3-2-1 Grounding

Use your senses to come back to the here and now. Go slowly, and say each one out loud if you can.

Name _____ Date _____

Before: how strong is the distress? Circle a number.

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5
 ☐ 6
 ☐ 7
 ☐ 8
 ☐ 9
 ☐ 10

0 is completely calm. 10 is the most upset or anxious you have felt.

5 things I can see

1 _____
 2 _____
 3 _____
 4 _____
 5 _____

4 things I can touch

1 _____
 2 _____
 3 _____
 4 _____

3 things I can hear

1 _____
 2 _____
 3 _____

2 things I can smell

1 _____
 2 _____

1 thing I can taste

1 _____

Go slowly. Add a detail to each one: "a green mug with a chip," not just "a mug."

Stuck on a sense? Move closer to something, bring a smell or taste to mind, or swap in another sense.

After: how strong is it now?

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5
 ☐ 6
 ☐ 7
 ☐ 8
 ☐ 9
 ☐ 10

What helped most? _____

My Senses Hunt

Find each one around you, then tick its box. Then circle how you feel again.

Before: circle how you feel



Calm



A little upset



Very upset

After: circle how you feel



Calm



A little upset



Very upset

5 things to see


☐

Something blue


☐

Something round


☐

Something with
letters on it


☐

Something green


☐

Something tiny

4 things to touch


☐

Something soft


☐

Something smooth


☐

Something cool or
warm


☐

Your feet on the
floor

3 things to hear


☐

A sound far away


☐

A sound close by


☐

Your own
breathing

2 things to smell


☐

Something near
you


☐

Your sleeve or your
hands


☐

A sip of water, or the
taste in your mouth

1 thing to taste