

5-4-3-2-1

# Grounding Exercise

5 things you can

SEE

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....

4 things you can

HEAR

- 1 .....
- 2 .....
- 3 .....
- 4 .....

3 things you can

FEEL

- 1 .....
- 2 .....
- 3 .....

2 things you can

SMELL

- 1 .....
- 2 .....

1 thing you can

TASTE

- 1 .....