5-4-3-2-1 Grounding Card

Slow down. Breathe. Work through each sense, one at a time.

Name: _____ Date: _____

5 THINGS I CAN SEE

4 THINGS I CAN FEEL

3 THINGS I CAN HEAR

2 THINGS I CAN SMELL

1 THING I CAN TASTE

Finish with one slow breath in through your nose and out through your mouth. Notice how your body feels now.

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