



# 5 - 4 - 3 - 2 - 1

## GROUNDING TECHNIQUE

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



**5**

things  
you can  
see



**4**

things  
you can  
touch



**3**

things  
you can  
hear



**2**

things  
you can  
smell



**1**

thing  
you can  
taste