

# 5-4-3-2-1

## Sensory Grounding

Grounding is a tool to keep us connected to the present moment. This can help us prepare for a difficult task, reset after a challenging interaction, or navigate anxiety or triggers. There are many ways to ground. One popular method that is readily available for us is our senses: sight, touch, hearing, smell, taste. If any of these senses are inaccessible to you, we suggest taking a deeper breath during this number and skip to the next number.

**Start by taking a deep breath. Try naming:**



### **5** things you can see

What colours, shapes, and objects are around you?



### **4** things you can touch

What are the textures and temperatures around you?



### **3** things you can hear

What are the sounds and tones around you?



### **2** things you can smell

What has a scent around you?



### **1** thing you can taste

What has a taste around you?

For more on grounding, check out our e-learning module on Grounding:

<https://abrpo.org/resources/grounding-resource/>



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