

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.

# 5-4-3-2-1 Sensory Grounding



## Notes:

For more on grounding, check out our e-learning module on Grounding: <https://abrpo.org/resources/grounding-resource/>



### 5 things you can see

What colours, shapes, and objects are around you?

Try writing something here:



### 4 things you can touch

What are the textures and temperatures around you?

Try writing something here:



### 3 things you can hear

What are the sounds and tones around you?

Try writing something here:



### 1 thing you can taste

What has a taste around you?

Try writing something here:



### 2 things you can smell

What has a scent around you?

Try writing something here: