## Grounding Process

5 THINGS I CAN SEE
(PICK A COLOUR, SHAPE OR
TEXTURE)

4 THINGS MY BODY OR SKIN ARE
TOUCHING

3 THINGS I CAN HEAR

2 THINGS I CAN SMELL

1 THING I CAN TASTE
(IF I DON'T HAVE A TASTE IN MY
MOUTH, THINK OF ONE I LIKE)

54321

## Grounding Process

5 THINGS I CAN SEE
(PICK A COLOUR, SHAPE OR TEXTURE)

4 THINGS MY BODY OR SKIN ARE TOUCHING

3 THINGS I CAN HEAR

2 THINGS I CAN SMELL

1 THING I CAN TASTE
(IF I DON'T HAVE A TASTE IN MY MOUTH, THINK OF ONE I LIKE)

54321

## Grounding Process



54321

## Grounding Process

