

# Rule of 5

**For Grounding, For Overwhelm, To bring us  
back to the NOW when triggered**

What are five things that you see?

- What color are they? What do you like or dislike about that color?

What are FOUR things you can touch?

- How do they feel? Which one is your favorite?

What are THREE things you can hear?

- Which is the loudest sound? Which is the quietest?

What are TWO things you can smell?

- Which is the strongest smell?

What is ONE thing you can taste?

- Does it taste good, bad, neutral, or something else?

\*For Time Grounding:

What year is it, and how old are you?

What is a movie/TV show you watched for the first time this year?

What is a new thing you learned this year?

