



5 - 4 - 3 - 2 - 1
GROUNDING

WITH YOUR SENSES

YOU CAN DO THIS ANY TIME YOU NOTICE A
BIG UNPLEASANT FEELING



5

FIND 5
THINGS YOU
CAN SEE



4

FIND 4
THINGS YOU
CAN TOUCH



3

FIND 3
THINGS
YOU CAN
HEAR



2

FIND 2
THINGS
YOU CAN
SMELL



1

FIND 1 THING
YOU CAN
TASTE

Tips:

Remember, traumatic memories are stored in our senses so when our fire-truck brain is activated, sometimes the only thing that can help calm it is soothing sensory input.

You can simplify this on the go using these other options:

Find me five things that are blue.

Can you tell me three things you can hear?

What are four things you can touch?

Imagine your three favorite smells?

Describe your two favorite foods to me.

Let's find the alphabet together on the signs in here.