Grounding with your Five Senses

5 Things you can see
- Sun
- Picture on the wall
- People walking

4 Things you can feel
- Wind
- Blowing
- Feet on the floor
- Pencil in hand

3 Things you can hear
- Birds
- Chirping
- Clock ticking
- Car horns

2 Things you can smell
- Food from the cafeteria
- Laundry detergent on clothes
- Fresh cut grass

1 Thing you can taste
- Mint
- Breakfast
- Toothpaste