

GROUNDING STRATEGIES

Bring your mind back to the present

My 5 Senses

1 things I can SEE 

2 things I can TOUCH 

3 things I can HEAR 

4 things I can SMELL 

5 things I can TASTE 

Something I see that starts with:

A B C D E F G
H I J K L M N
O P Q R S T U
V W X Y Z

Intense Sensations

Go to the kitchen and get out one or two ice cubes and several napkins.

Hold the ice cubes in your hands. Feel the coldness of the ice cubes. Focus on the sensation of the ice in your hands.


Use the napkins to wipe up the melting ice and dripping water.



5 colours I see 

4 shapes I see 

3 soft things I see 

2 people I see 

1 book I see 