



GROUNDING

Take a few deep breaths, in through your nose and out through your mouth.

Look around you and name five things you can see. Notice their colours, shapes, textures and patterns.

Find four things you can physically feel. This could be noticing your feet on the ground, picking up an object or noticing what your clothes feel like on your skin. Can you feel the shape, texture, weight or temperature of different things?

Listen out for three sounds you can hear around you. This might be noticing traffic, bird song, the sound of wind blowing through the trees. Is the sound nearby or further away? Does it have a rhythm or melody?

Notice two things you can smell; this might be the scent of the air, a flower, an item of clothing, or a fragrance you are wearing. Is the smell sweet or spicy, fresh or woody etc?

Identify one thing you can taste. This could be the taste when you take a sip of a drink, or the taste of sucking on a mint or sweet. If you can't taste anything, then you could think about your favourite thing to taste.