



5-Minute Grounding Sheet

A simple sensory reset to help you reconnect with the present moment.

Take your time. There is no need to rush through each step.

Notice what is around you and gently bring your attention back to the here and now.

5

things you can SEE

Look around and name five things you can see.

4

things you can FEEL

Notice four physical sensations, textures or points of contact.

3

things you can HEAR

Pause and notice three sounds, near or far away.

2

things you can SMELL

Notice two scents around you, or think of two familiar calming scents.

1

thing you can TASTE or feel GRATEFUL for

Notice a taste, or name one small thing you are grateful for right now.

Before you continue...

Take one comfortable breath and ask yourself: What do I need in this moment?