



THE HEALING SANCTUARY HUB

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FEEL BALANCED. FEEL RESTORED. FEEL YOU AGAIN.

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My 5-4-3-2-1 Grounding Activity

A simple senses activity to help me slow down, notice what's around me and feel more settled.

5

things I can SEE

Look around. What catches your eye?

4

things I can FEEL

Your clothes, the chair, your feet, something soft...

3

things I can HEAR

Listen for sounds close by and far away.

2

things I can SMELL

Notice a smell, or think of two smells you like.

1

thing I can TASTE or feel GRATEFUL for

A taste in your mouth, or one good thing right now.

How do I feel now?

A bit calmer

About the same

Still upset

If you still feel upset, tell a trusted grown-up and stay with them for a while.