

Grounding Yourself with **YOUR 5 SENSES**



Look around the space you are in and find:

5 Things you can SEE

4 Things you can HEAR

3 Things you can TOUCH

2 Things you can SMELL

1 Thing you can TASTE



1. As an alternative to your present space, close your eyes and think of your favorite happy place.
2. Engage your senses and imagine the things that you would see, hear, touch, smell, and taste while visiting there.
3. Think of/move to another space and repeat as needed.

YOUR *Life* YOUR *Voice*
www.yourlifeyourvoice.org