

GROUNDING TECHNIQUES 5-4-3-2-1

Grounding techniques help you calm down if you are feeling an uncomfortable feeling (anxious, angry, frustrated)



sight

Name 5 things you can see



sound

Name 4 things you can hear



touch

Name 3 things you can touch



smell

Name 2 things you can smell



taste

Name 1 thing you can taste

A-B-C Around the Room

This exercise will get students connected with that place where they are right now. Have your student look around the room and name something they see that starts with A, then B, then C and so forth. See how far they can get through the alphabet and then check-in to see how they're feeling once they reach the end.



Room Search

Pick one broad category and search the room. Name everything in the room that's green. How many stars can you find in the room? Say the type of shoe everyone in the room is wearing. Count the bricks on one wall.