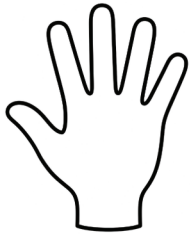


# GROUNDING EXERCISE

When worries start to feel big, this activity can help you slow down and focus on what is happening around you right now. Look around and name:



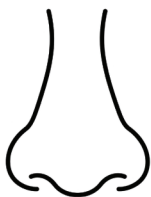
**5 things I see**



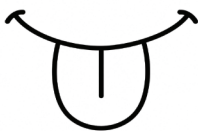
**4 things I feel**



**3 things I hear**



**2 things I smell**



**1 thing I taste**

Taking a moment to focus on your senses can help your mind feel calmer and more in control.