

# 5, 4, 3, 2, 1... grounded!



5

## YOU CAN SEE

What's your favourite colour? Are there any patterns around you? Numbers of objects?



4

## YOU CAN TOUCH

Feel the objects properly. What do they feel like? Texture? Temperature?



3

## YOU CAN HEAR

Closing your eyes really helps with this one. Listen to the sound of your breathing.



2

## YOU CAN SMELL

Standing outside is great for this one.



1

## YOU CAN TASTE

Make it something yummy! Savour it. Enjoy it.

