

HANDOUT



How To Use The 5 Senses Grounding Technique

It can be difficult for people of any age to regulate their emotional responses. Sometimes we get stuck in the past or the future and struggle to get back into the present moment. A great way to calm the anxious mind and ground yourself or your child is by using your 5 senses: touch, sight, sound, smell and taste.

This technique, also known as a grounding technique, will take you through your five senses to help remind you of the present. This is a calming technique that can help you get through tough or stressful situations.

Next time you (or your child) are feeling anxious and overwhelmed try this grounding technique:

Take a deep belly breath to begin.

5 - LOOK: Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the chair its blue, I can see a pencil, it's long, I see the picture frame, it is square.

4 - FEEL: Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel the couch it is soft, I feel my pants they are smooth, I feel the pillow I am sitting on, it is squishy.

3 - LISTEN: Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of the birds chirping. Say the three things out loud.

2 - SMELL: Say 2 things you can smell. It's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your 2 favourite smells.

1 - TASTE: Say 1 thing you can taste. It may be something you ate earlier or if you have something around you, take a bite and describe how it tastes.