





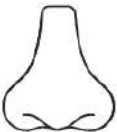





# Sensory Grounding Activity

**SOMETIMES WHEN WE FEEL SCARED OR ANGRY,  
FOCUSING ON WHAT'S AROUND US USING OUR 5 SENSES CAN  
HELP CALM OUR BODIES.**

**NEXT TIME YOU ARE FEELING BIG FEELINGS, TRY TO FIND...**

- |   |   |                             |
|---|---|-----------------------------|
|    |    | <b>things you can see</b>   |
|   |  | <b>things you can touch</b> |
|  |  | <b>things you can hear</b>  |
|  |  | <b>things you can smell</b> |
|  |  | <b>thing you can taste</b>  |

**FINALLY, TAKE A BIG DEEP BREATH AND FEEL HOW THAT  
DEEP BREATH MAKES YOU FEEL IN YOUR BODY**