

**5\*4\*3\*2\*1**

# ***Grounding Activity***

***Try this grounding activity to help you focus, regulate your emotions and get yourself ready to learn.***



***Observe 5 things you can see with your eyes. Notice their shape, size, color***

***Focus your attention on 4 things you can hear. Notice the sounds around you***



***Focus your attention on 3 things you can touch. Notice the temperature, texture and feel***

***Take a deep breath in and notice what smells are in your environment, can you identify 2?***



***Focus your attention on 1 thing you can taste. Maybe you can sense some toothpaste in your mouth.***

