



TEENS

Grounding Techniques

THE 5-4-3-2-1 METHOD

During tense moments, stress, or anxiety **FOCUS ON:**

5 **THINGS YOU CAN SEE**
A picture on your wall, your phone case, the tree outside

4 **THINGS YOU CAN FEEL**
Your dog's fur, your keyboard, the fabric of your shirt

3 **THINGS YOU CAN HEAR**
A car's horn, television in the background, the wind

2 **THINGS YOU CAN SMELL**
Candles, food from the kitchen, the rain

1 **THINGS YOU CAN TASTE**
Gum, a cheeseburger, coffee

Using our senses can help you stay
GROUNDING, REGULATE EMOTIONS and **REST OUR MINDS.**

1-800-4-A-CHILD