

Get Grounded!

Five Things You See!



Four Things You Can Touch!



Three Things You Can Hear!



Two Things You Can Smell!



One Thing You Can Taste!



5 colors I see



4 shapes I see



3 soft things I see



2 people I see



1 book I see



SOMETHING I SEE
THAT STARTS WITH...

A
B C D
E F G H I
J K L M N O P
Q R S T U V
W X Y
Z

1. Stretch your hand like a star
2. Trace your fingers with index
3. Inhale up, exhale down
4. Notice your breath

Take 5 Breathing



OBJECT FOCUS

