

**Grounding**

*This exercise encourages children to notice what is around them. This practice can help distract young people (or adults) from worries and remind them of the present.*

Using the 5-4-3-2-1 method, encourage your child to identify and name out loud:

1. things that they can see
2. things that they can touch
3. things that they can hear
4. things that they can smell

1 thing that they can taste