

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:

- 5 things that they can see
- 4 things that they can touch
- 3 things that they can hear
- 2 things that they can smell
- 1 thing that they can taste

