

EXPLORE YOUR SENSES

5 - 4 - 3 - 2 - 1

A grounding strategy that connects you
with the present by exploring the five senses.



Find

5

things
you can
see



Find

4

things
you can
touch



Find

3

things
you can
hear



Find

2

things
you can
smell



Find

1

thing
you can
taste



@The.Sky.Within.You