

# 5 Senses Grounding

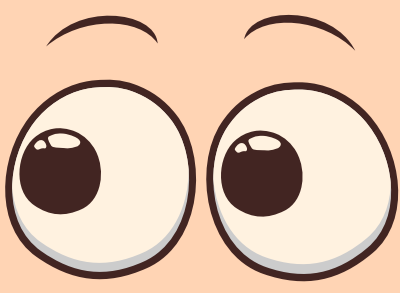
4

things you can touch



BREATHE

5 things you can see.



1 thing you can taste



2 things you can smell



3 things you can hear



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Breathe

breathe