**5-4-3-2-1 Grounding**

**How does it help students?**

* **Improve the ability to sense more clearly what is happening in their bodies and in their surroundings**
* **Relief from stress**
* **Use a calming strategy**

**What will we need? 0**

**How do we do it? Instruct your students to do the following:**

**5- LOOK -Look around for 5 things you can see and say them out loud**

**4- FEEL- Pay attention to your body and thin of 4 things that you can feel and say them out loud**

**3- LISTEN- Listen for 3 sounds and say them out loud**

**2- SMELL- Say 2 things you can smell (if they don’t smell anything, ask for 2 of their favorite smells)**

**1- TASTE- Say one thing you can taste**

**Additional Notes:**

Reference: https://www.therapistsb.com/blog/post/5-4-3-2-1-coping-technique