



5 4 3 2 1 Grounding Exercise

Grounding is a technique that helps us reorient to the here-and-now, to bring us into the present. They are a useful technique if you ever feel overwhelmed, intensely anxious, or dissociated from your environment. The "54321 game" is a common sensory awareness grounding exercise that many find a helpful tool to relax or get through difficult moments.

This coping skill is perfect for when children are experiencing overwhelming or extreme feelings like anxiety or stress.

Start with a big belly breath.

- Notice 5 things you see
- Notice 4 things you feel
- Notice 3 things you hear
- 2 things you smell (or favourite smell)
- and 1 thing you taste (or your favourite)

End with a big belly breath.

You should feel calmer and more at ease by the end of the exercise. Repeat the 5 steps more than once if needed. You can also modify this coping skill according to what the child responds best to.

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