

SENSORY GROUNDING EXERCISES

Try these different exercises to heighten your self-awareness and creativity. This exercise requires you to use your senses to observe your environment and how it affects your current mood. Try one; try them all.

Five-Four-Three-Two-One

Look around you. Name five things you can see, four things you can feel ("my feet on the floor or the air in my nose), three things you can hear (traffic outside or dog barking), and two things you can smell (or, two aromas you like). Finally, speak one thing good about yourself.

SELF-AWARENESS

Reorient yourself in place and time by asking yourself some of or all these questions:

Where am I? - What is today? - What is the date? - What is the month? What is the year? - How old am I? - What season is it?

CATEGORIES

Choose a category such as colors, shapes, animals, foods, songs, languages, and try to name at least 10 things in that category.

ABCS CATEGORY

In this exercise, use the alphabet to name something in that category for each letter of the alphabet, beginning with A, B, C, up through Z.

SENSORY GROUNDING EXERCISES

Use your five senses in these exercises to remain in the present moment

Eyes

- Look around the room, notice your surroundings, notice details. Pick one object and focus on its details, such as color, texture, or shape.
- Make affirmation cards with images and quotes and read them repeatedly.
- Watch photos of favorite people or postcards of happy memories.

Hands

- Hold something and really focus on it.
- Splash water on your face and notice how it feels
- Hold a cold/warm cup/can/bottle of drink in your hands and feel the temperature and the texture of the container.

- Hold a meaningful object, such as therapeutic/transitional objects, to remind you your achievements in the pas

Noses

Smell the air, and you can use scented lotion/spray, essential oils....

Ears

- Create your own playlist for the stressful time, listen to it
- Listen to the sounds in nature (such as birds chirping, wind blowing, leaves rustling, etc.)

Taste

Take a sour candy, lollipop, or chocolate, or drink a tea, and pay attention to the taste/texture in your mouth.