

# 5, 4, 3, 2, 1 Grounding Exercise

Mindfulness can help our mind and body to feel well. It can also really help us during times when we are feeling worried, stressed or fearful by calming our racing thoughts.

Have a go at the exercise below to help you settle in body and mind when you are experiencing uncomfortable emotions.

Name **5** things that you can **see**.



Name **4** things that you can **touch**.



Name **3** things that you can **hear**.



Name **2** things that you can **smell**.



Name **1** thing that you can **taste**.



How do you feel? Remember to always talk to a trusted adult if you are experiencing uncomfortable emotions and are finding it difficult to manage them.