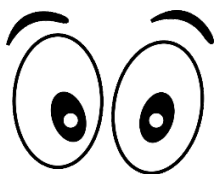


Grounding Exercise - Use your senses to calm your mind

Identify

5 THINGS YOU CAN SEE



--	--	--	--	--

4 THINGS YOU CAN TOUCH



--	--	--	--

3 THINGS YOU CAN HEAR



--	--	--

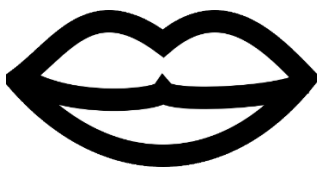
2 THINGS YOU CAN SMELL



This

--	--

1 THING YOU CAN TASTE



--