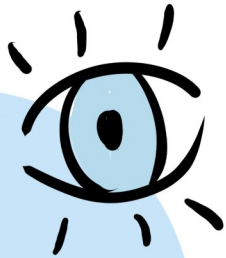


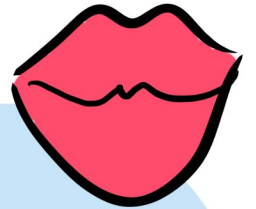
take slow, focused
breaths... think
about & notice...

GROUNDING

5
things I
See



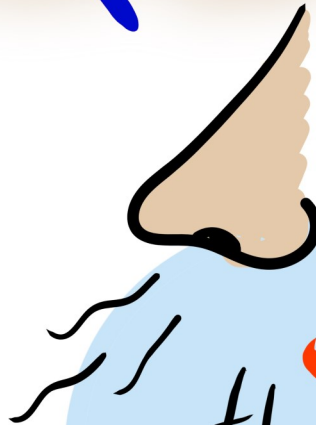
1
thing I
Can taste



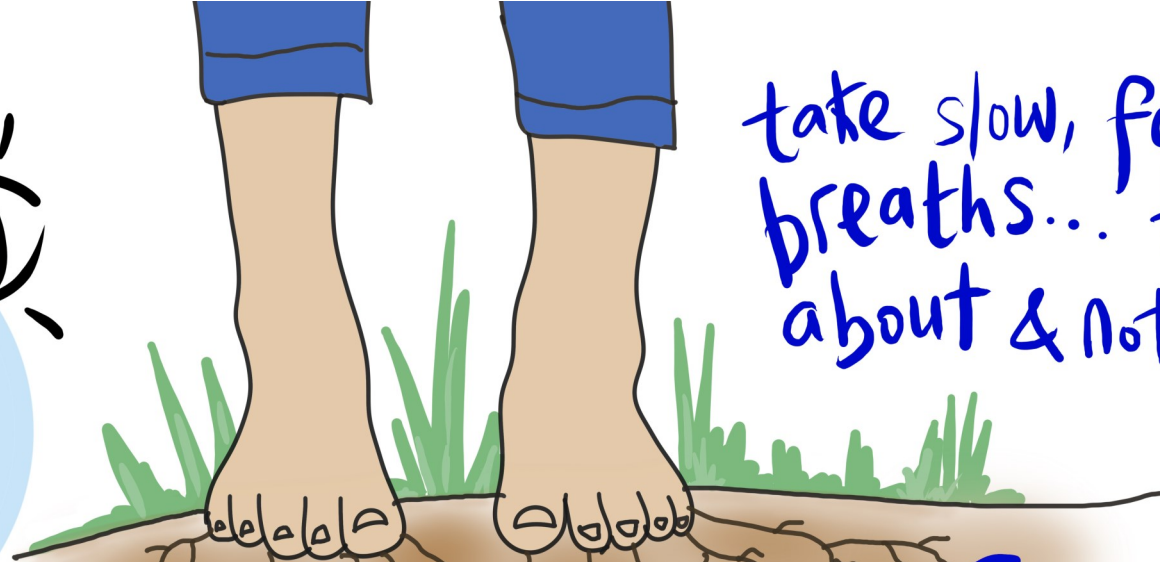
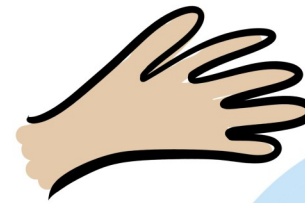
4
things I
hear



3
things I
Smell



2
things I
Can touch



take slow, focused
breaths... think
about & notice...

GROUNDING

5
things I
See

- COLOURS
- FLOWERS
- NATURE
- CARS
- CLOUDS

1
thing I
Can taste

- TOOTHPASTE
- MINT
- BREAKFAST

4
things I
hear

- BIRDS
- TREES
- FOOTSTEPS
- VOICES
- TRAFFIC

3
things I
Smell

- PERFUME
- SMOKE
- FRESH AIR
- COOKING

2
things I
Can touch

- FUR
- ROUGH
- SMOOTH
- SOFT