

# 5-4-3-2-1

## Grounding technique

A calming technique that connects you with the present by exploring the five senses.

Instructions: Sitting or standing, take a deep breath in and follow the prompts below.

5

5 things you can see



4

4 things you can touch



3

3 things you can hear



2

2 things you can smell



1

1 thing you can taste



Oide

Tacú leis an bhFoghlaim  
Ghairmiúil i meaisín Ceannairí  
Scolaire agus Múinteoirí

Supporting the Professional  
Learning of School Leaders  
and Teachers