

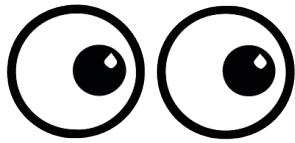
Date: _____

Name: _____

Count 5 Grounding Activity!

This activity was created by Olivia.

Do you ever feel scared? If you do, following the steps below may help you relax and calm down. You may want to ask a family member or friend to do this activity with you..



Find **5 things you can see!**

What do they look like?



Find **4 things you can touch!**

How do they feel?



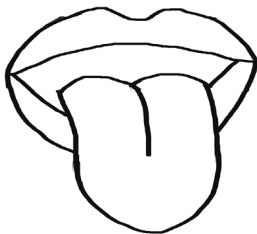
Find **3 things you can hear!**

What sound are they making?

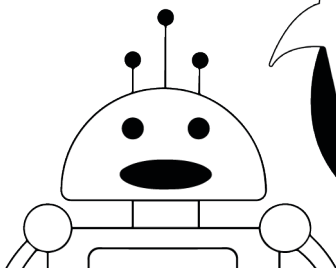


Find **2 things you can smell!**

What sound are they making?



What's **1 thing you can taste?**



What a great example of a **decomposition**. In coding, **decomposition** is when you take a big problem and break it down into simpler steps. In this case, we take our surroundings and break it down using our 5 senses!