



5-4-3-2-1 GROUNDING TOOL

A quick reset tool for moments of overwhelm, fear, or activation.

This exercise brings the mind back into the present by engaging all 5 senses.

5 - Notice **FIVE** things you can **SEE**

THEY CAN BE,

A color or pattern, An object near or far, The texture of something, Light or shadows

COACHING PROMPT:

“Name five things you see. Take your time.”

4 - Notice **FOUR** things you can **TOUCH**

TUNE INTO PHYSICAL SENSATIONS AROUND YOU,

Your Clothing, The Ground beneath your Feet, Furniture, The Temperature of the Air

COACHING PROMPT:

“Name four things you can feel. What textures or sensations do you notice?”

3 - Notice **THREE** things you can **HEAR**

SHIFT AWARENESS TO THE OUTSIDE,

A Fan, Distant Traffic, Soft Music, Your Own Breath

COACHING PROMPT:

“Name three things you hear, even if they are faint.”

2 - Notice **TWO** things you can **SMELL**

IF SCENTS AREN'T OBVIOUS, HERE ARE A FEW EXAMPLES,

A Candle, The Laundry Soap Scent on your Shirt, Fresh (or not so fresh) Air, A Cup of Coffee

COACHING PROMPT:

“Name two things you smell. If nothing stands out, recall a scent you enjoy.”

1 - Notice **ONE** thing you can **TASTE**

THEY COULD BE:

A Sip of Water, A Mint or Gum, A Lingering Taste in Your Mouth, A Remembered Flavor

COACHING PROMPT:

“Name one thing you can taste or remember tasting”

CLOSE WITH A RESET STATEMENT

- I am Safe in this Moment
- I have exactly what I need
- My Body Can Settle Now
- I'm here, and I'm okay



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Practitioner Script

PURPOSE TO STATE ALOUD (optional)

“Sometimes our minds race into the future or get stuck in worry. This exercise helps bring us back into the present moment by using our five senses. It only takes a couple of minutes and there’s no wrong way to do it.”

STEP 1 – 5 Things You Can SEE

“Let’s begin by getting comfortable—feet on the floor if that feels good, or simply noticing the surface supporting you.”

(Pause 3 seconds)

“Now, look around your space. Name—either silently or out loud—5 things you see. These can be shapes, colors, objects, light, shadows... anything your eyes land on.”

(Pause 8–10 seconds)

“Take your time. Let your eyes move naturally.”

STEP 2 – 4 Things You Can TOUCH

“Next, shift your attention to the sense of touch.”

(Pause 1–2 seconds)

“Notice four things you can feel right now. This could be the chair supporting you... the fabric on your skin... the weight of your hands... the air on your face.”

(Pause 8–10 seconds)

“Just name them to yourself as you notice them.”

STEP 3 – 3 Things You Can HEAR

“Now let’s move to hearing.”

(Pause 1–2 seconds)

“Listen for three sounds you can hear. Nearby or far away... loud or soft... steady or brief.”

(Pause 10 seconds)

“There’s no need to judge the sounds—simply notice.”

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Practitioner Script

STEP 4 – 5 Things You Can **SMELL**

“Gently bring your awareness to smell.”

(Pause 1–2 seconds)

“Notice two things you can smell. If nothing stands out, simply notice the neutral scent of the space... or remember a smell you enjoy—coffee, citrus, fresh air.”

(Pause 6–8 seconds)

STEP 5 – 1 Thing You Can **TASTE**

“Finally, shift to taste.”

(Pause 1–2 seconds)

“Notice one thing you can taste. It might be the aftertaste in your mouth, a sip of water, or simply the idea of a flavor you enjoy.”

(Pause 5–6 seconds)

CLOSING EXERCISES

“Take one slow breath in, hold for 5, 4, 3, 2, 1 and gently release it.”

(Pause 2–3 seconds)

“Notice how your body feels now, compared to a minute ago.”

(Pause 5-6 seconds, or more)

“If you’d like, choose a grounding statement to carry with you into the next part of our session: Here are some examples.”

- *“I am safe in this moment.”*
- *“My body can settle now.”*
- *“I am here, and I am okay.”*
- *“I have what I need right now.”*

(Pause 3–4 seconds)

“You’ve just completed a grounding practice that you can use anytime you need to reset.”

5-4-3-2-1 Grounding Tool

NAME 5 things you can *SEE*

- 1)
- 2)
- 3)
- 4)
- 5)

1 thing you can *TASTE*

1)

4 things you can *TOUCH*

- 1)
- 2)
- 3)
- 4)

2 things you can *SMELL*

- 1)
- 2)

3 things you can *HEAR*

- 1)
- 2)
- 3)