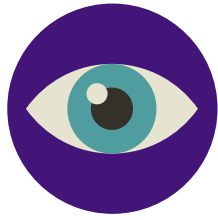
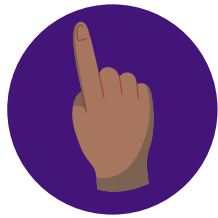


54321 Grounding Activity

To help yourself calm down, take a deep breath and find...



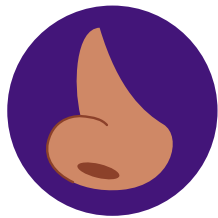
5 things you can see



4 things you can touch



3 things you can hear



2 things you can smell



1 thing you can taste