



Helpful Tools

COUNSELLING

SENSES *Grounding* Exercise for Teens



SEE Notice 5 things you see.



TOUCH 4 things you feel.



HEAR 3 things you can hear.



SMELL 2 things you can smell.



TASTE 1 thing you can taste.

Quick Tip:

Take a slow, deep breath in and out as you notice each of these. ✓

Marayka Rancie

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Helpful Tools

COUNSELLING

5 Senses Grounding

Exercise for Kids

5

Things You Can SEE

Say 5 things you can see.

4

Things You Can TOUCH

Touch 4 things around you.

3

Things You Can HEAR

Listen for 3 sounds around you.

2

Things You Can SMELL

Sniff 2 things you can smell.

1

Thing You Can TASTE

Taste 1 thing if you can.



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Helpful Tools


COUNSELLING

5 Senses Grounding Exercise

5

5 Things You Can SEE

Look around and notice five things you can see.



4 Things You Can TOUCH

Feel four things you can touch around you.



3 Things You Can HEAR

Listen for three sounds you can hear.



2 Things You Can SMELL

Notice two things you can smell nearby.

1

1 Thing You Can TASTE

Focus on one thing you can taste.



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Nervous System Reset Tools

- Slow exhale breathing (longer out-breath)
- Physiological sigh (2 short inhales + long exhale)
- Humming / chanting
- Singing (or listening to calming music)
- Warm drink / warm shower
- Cold splash (face/neck)
- Gentle movement (walk, stretch, sway)
- Shake out tension (30–60 seconds)
- Grounding: 5–4–3–2–1 senses
- Orienting: look around, name “safe cues”
- Nature / outside air
- Sunlight (morning if possible)
- Hydration + snack (blood sugar check-in)
- Rest / micro-break (2–5 minutes)
- Yawn / jaw release
- Laughter / playful moment
- Connection: safe person, text/call
- Pet/animal time
- Journalling: “what do I need right now?”
- One small task (reduce overwhelm)



Helpful **TOOLS**
COUNSELLING

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