

TAKE A DEEP BREATH  
YOU HAVE COMPLETED  
THE EXERCISE

EXAMPLES: TOOTH PASTE, COFFEE,  
A BREATHMINT, YOUR BREAKFAST

LIST 1 THING YOU CAN TASTE  
(OR IF YOU CAN'T TASTE ANYTHING,  
LIST 1 THING YOU LIKE THE TASTE OF)

### STEP 5

YOU SHOULD FEEL CALMER  
AND MORE AT EASE BY THE  
END OF THE EXERCISE.  
REPEAT THE 5 STEPS MORE  
THAN ONCE IF NEEDED.

worksheet developed by



supporting neurodiverse students  
transitioning from study to work  
in collaboration with



# 5 4 3 2 1 GROUNDING EXERCISE

A SIMPLE EXERCISE  
TO HELP YOU RELAX AND  
FOCUS ON THE PRESENT

LIST 2 THINGS YOU CAN SMELL  
(OR IF YOU CAN'T SMELL ANYTHING,  
LIST 2 THINGS YOU LIKE THE SMELL OF)

### STEP 4

EXAMPLES: FRESH AIR, COFFEE,  
BAKED GOODS, SCENTED CANDLE,  
PERFUME, FLOWERS, CUT GRASS

EXAMPLES: TRAFFIC, BIRDS SINGING,  
THE WIND BLOWING, PEOPLE TALKING,  
MUSIC PLAYING, YOUR OWN BREATHING

LIST 3 THINGS YOU CAN HEAR

### STEP 3

WHAT FOLLOWS IN THIS BOOKLET  
IS A GROUNDING EXERCISE.

GROUNDING IS A TECHNIQUE  
THAT HELPS US REORIENT TO  
THE PRESENT MOMENT.

THIS TECHNIQUE CAN BE USEFUL  
IF YOU EVER FEEL OVERWHELMED,  
INTENSELY ANXIOUS OR DISSOCIATED  
FROM YOUR ENVIRONMENT.

THE "54321 GAME" IS A  
COMMON SENSORY AWARENESS  
GROUNDING EXERCISE THAT  
MANY PEOPLE FIND HELPFUL  
TO RELAX OR GET THROUGH  
DIFFICULT MOMENTS.

EXAMPLES: YOUR BODY IN A CHAIR,  
YOUR FEET ON THE FLOOR, YOUR BAG  
ON YOUR BACK, YOUR HAND ON YOUR LEG

LIST 4 THINGS YOU CAN FEEL

### STEP 2

### STEP 1

LIST 5 THINGS YOU CAN SEE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

EXAMPLES: A WINDOW, A TREE,  
A BOOK, YOUR SHOES, A FRIEND,  
A TABLE, A CHAIR, THE FLOOR