Count 5 Grounding Activity!

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!