

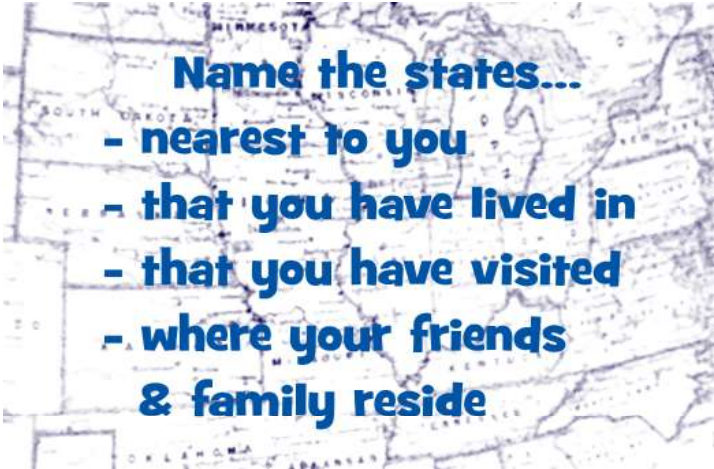



Grounding Activity Cards



**Name
5 things
you can
see of
a specific
color**

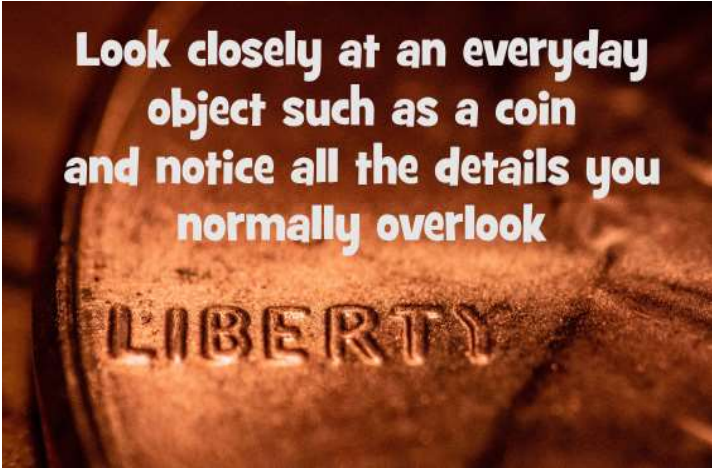
Imagine picking up a lemon and feeling it in your hands. You cut it open and smell it's aroma and squeeze a drop on your tongue. What sensations do you experience?



Name the states...

- nearest to you
- that you have lived in
- that you have visited
- where your friends & family reside

Look closely at an everyday object such as a coin and notice all the details you normally overlook



**Find four items
that contain a group
of four**



**BOX
BREATHING**

**Breath in through
nose for count of 4**

Hold for 4

**Breath out through
mouth for 4**

Hold for 4

Repeat



**Name your top 5
favorite candies**

**Can you recall the taste of
your favorite candy?**