



KALEIDOSCOPE
COUNSELING, PLLC

Finding Beauty in the
Fragments of Life

5-4-3-2-1 GROUNDING EXERCISE

A QUICK TOOL TO HELP YOU RETURN TO THE PRESENT MOMENT

By Kaleidoscope Counseling, PLLC

Feeling overwhelmed, anxious, stressed, or disconnected?
The 5-4-3-2-1 Grounding Technique helps bring your attention
back to the here and now by using your senses.

5

THINGS YOU CAN SEE

Look around and name
5 things you can see.



1. _____
2. _____
3. _____
4. _____
5. _____

4

THINGS YOU CAN FEEL

Notice 4 things you
can touch or feel.



1. _____
2. _____
3. _____
4. _____

3

THINGS YOU CAN HEAR

Listen carefully and
identify 3 sounds
around you.



1. _____
2. _____
3. _____

2

THINGS YOU CAN SMELL

What are 2 scents
you notice right now?



1. _____
2. _____

1

THING YOU CAN TASTE

What is 1 thing
you can taste?



1. _____

KALEIDOSCOPE REFLECTION

Right now, I feel:



REMEMBER:

You are safe.
You are here.
This feeling
will pass.

Scan to learn more!



KALEIDOSCOPE COUNSELING, PLLC

(580) 768-1634

mirandabowman1@outlook.com

www.kaleidoscopecounselingok.com