



THE GROUNDING GAME

Grounding brings us back to the present moment by focusing all our thoughts on our immediate surroundings through the five senses, which dispels worry for the time being. Remember that anxiety can make it difficult to access memory, including strategies for coping that you've learned in the past. You may decorate a reminder card, so you can reference these simple instructions whenever needed.

How to Play

- Name **5** things you can **see** right now. Its best if these are one-word answers. Take turns repeating this set of words 2-3 times.
- Name **4** things you can **touch** right now and repeat this set of words as well. Cycle back to the beginning, and see if players can remember all 9 items so far.
- Name **3** things you can **hear** right now. Repeat a few times. Then try to name all items from the beginning.
- Name **2** things you can **smell** right now. If it's difficult to smell anything, simply name 2 favorite smells. Then, try the whole list from the top!
- Name **1** thing you can **taste** right now. Again, it can also be a favorite taste. Recite the list from the top!
- BONUS ROUND: Can you say everything on the list in reverse order?