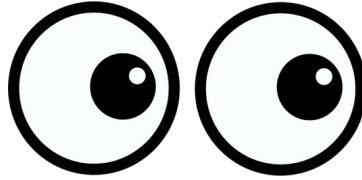




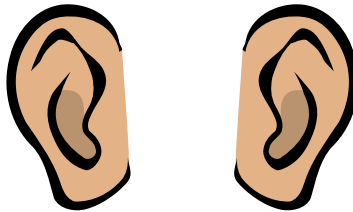
GROUNDING EXERCISE



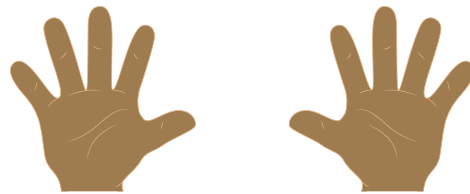
Look Around: What are 5 things you see?



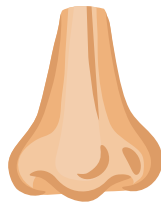
Listen Up: What are 4 things you hear?



Hands Out: What are 3 things you feel?



Take a Sniff: What are 2 things you smell?



Use your Mouth: What is one thing you taste?

