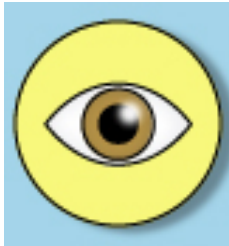


Breathing exercise

Grounding with 5 senses

Start by breathing slowly in through your nose and out through your mouth. Do this for around 2 minutes or until you feel relaxed.



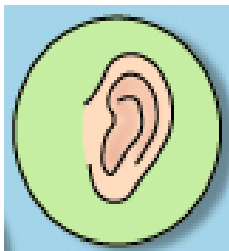
5 things you can see

Example: Trees, grass, flowers, clouds, and birds.



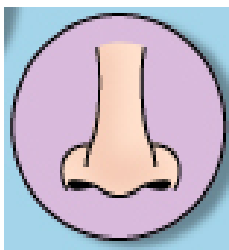
4 things you can touch

Example: Grass, soil, play sand, and the wind blowing on me.



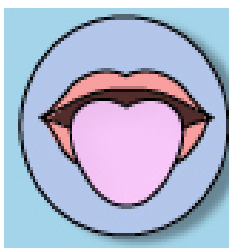
3 things you can hear

Example: Birds tweeting, leaves rustling, and a lawn mower.



2 things you can smell

Example: Cut grass, and my fabric conditioner on my clothes.



1 thing you can taste

Example: My apple juice drink.

You can watch Mrs Savage demonstrate this technique via a [link on our Wellbeing page on the school website.](#)