

BERTIE STEWART IS PERFECTLY IMPERFECT

NAME: _____








Five Senses Grounding Technique: Practise Page

Bertie's therapist, Mr. Bryan, teaches her a grounding technique to help her cope with the steady stream of her inside voice.

You would normally follow this process in your head, but for now, write down some ideas for each sense. Try this strategy when you need to calm your thoughts!

Think of:

5 things you can see: 	1. 2. 3. 4. 5.
4 things you can touch: 	1. 2. 3. 4.
3 things you can hear: 	1. 2. 3.
2 things you can smell: 	1. 2.
1 thing you can taste: 	1.