

# GROUNDING EXERCISE

## 5-4-3-2-1

Name..

**5** Things you can SEE



**4** Things you can TOUCH



**3** Things you can HEAR



**2** Things you can SMELL



**1** Thing you can TASTE



# Belly Breathing

## Position

Sit up straight or lie flat.  
Place your hand on your  
stomach.  
Close your eyes.



## Focus

Try to only think about your  
breath coming in and going  
out. Don't worry if your mind  
wanders. Just bring it back to  
your breath.

## Breathe

Take as deep a breath in as  
you can. Hold it in shortly,  
then let it all the way. You  
should notice your hand/belly  
rise and fall.



## Imagine your breath like a wave

Picture the wave rising as your belly rises and you breathe in. Picture the wave shrinking as your belly falls and you breathe out.

## 10 breaths is best

Three in/outs is helpful, but 10 is ideal.  
Sometimes people can get a little light headed at first. Be sure you aren't standing.

## In with the good, out with the bad

Imagine sucking in positive, warm, bright energy as you breathe in. Imagine breathing out cold, dark, harsh energy as you breathe out.

