

5 Senses - Grounding technique

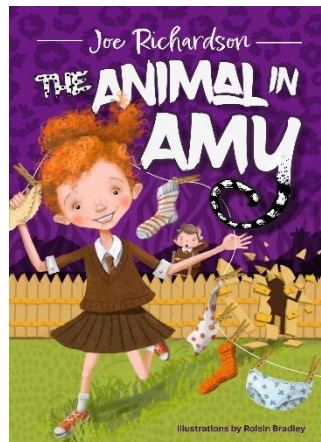
PD & MU

*

PSHE

*

Life Education



Regulating Emotions

Grounding technique - Activities and worksheet

5 Senses - Grounding technique

Re-read chapters 2 and 5.

In these chapters Amy attempts to use a grounding technique to control her emotions.

Using this strategy involves employing our senses to effectively think of something that changes our focus.

Sight

Hearing

Smell

Touch

Taste

5 Senses - Grounding technique

Use 54321 to look outside of yourself to reduce distress.

Imagine you are in a high emotional state and you want to do something about it and manage your emotions appropriately. Complete the 5,4,3,2,1 table below. Use a combination of writing and drawings.

5 things I can see right now, or imagine I can see right now

4 things I can hear right now, or imagine I can hear right now

3 things I can smell right now, or imagine I can smell right now

2 things I can touch or taste right now, or imagine I can touch or taste right now

1 deep, slow breath. Then simply focus on your breathing. In this moment. Right now.

5 Senses - Grounding technique

Case 1

Thomas is addicted to playing his console and chatting with his friends online. But for some reason he can't get connected. He tried turning it off and on, his Dad did a reset on the Wi-Fi and he tried signing out and back in. But still, it won't connect.

He can feel emotions kicking in. Frustration is growing. His face is becoming red, his temper is growing, and he even throws his controller against the wall.

Using the 5,4,3,2,1 skill give Thomas advice on how to manage his emotions.