

Grounding Technique:
5, 4, 3, 2, 1-Coping Skill
Lesson Plan & Handout

Grounding Technique 5,4,3,2,1



Introduction: (Distribute material “Grounding Technique: 5, 4, 3, 2, 1-Coping Skill” on page 3)

This grounding technique is used to help refocus a person to the present. When a person is feeling overwhelmed, anxious, or stressed, their mind starts racing and becomes disconnected to their body. 5,4,3,2,1 is a coping skill designed to restore mindfulness to the person that is in distress.



Education:

When teaching this skill, guide the group or individual with being as descriptive as possible:

5 things you can see—Describe the lines, colors, shape, etc.

4 things you can touch/feel—Examples of this can be the clothes on their body, the hair on their head, warmth from the sunlight, etc.

3 things you can hear—Help bring awareness of the background sounds such as humming, traffic, footsteps, typing, etc. Ask questions about the tone, pitch, rhythm, etc.

2 things you can smell—Sense of smell can be difficult for people to recall. Guide the individual to smell the outside air, their sweater, their hair or perfume, etc.

1 thing you can taste—This is another sense that is difficult to describe. Help guide the person to recall the last thing they consumed or have the person drink water, candy, coffee, etc.



Tip:

To enhance these senses, consider adding the following to the session: colorful posters, lavender essential oil diffuser, textured paper, books, flowers, candy, mints, etc. You can add anything to enhance a person’s senses!

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Five things you can see.



Four things you can touch/feel.



Three things you can hear.



Two things you can smell.



One thing you can taste.