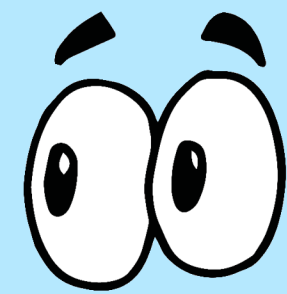


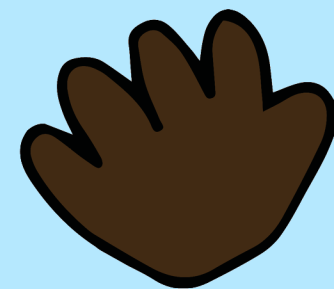
Mindfulness activity: Grounding techniques



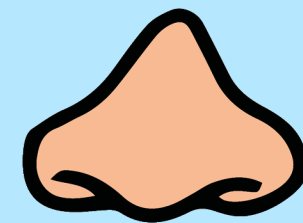
5 things you can see



4 things you can hear



3 things you can touch



2 things you can smell



1 thing you can taste