

Print & Use Instructions

Print this page and cut along the dashed line. Fold the card to wallet size or laminate it for durability. Keep it with you for moments when you need to ground yourself quickly.

----- cut here -----

5-4-3-2-1 Grounding

For moments when emotions feel overwhelming

5

THINGS YOU CAN SEE

Look around and name 5 things you can see right now. Notice colors, shapes, details.

4

THINGS YOU CAN TOUCH

Feel 4 different textures. Your clothes, the chair, your hair, a smooth surface.

3

THINGS YOU CAN HEAR

Listen for 3 sounds. Background noise, your breath, distant traffic, birds.

2

THINGS YOU CAN SMELL

Notice 2 scents around you. Your coffee, soap, fresh air, paper.

1

THING YOU CAN TASTE

Notice 1 taste. Take a sip of water or simply notice what your mouth tastes like.

Take slow, deep breaths as you work through each step. You are safe. This moment will pass.

AutismProfile

autismprofile.com

----- cut here -----