

4-3-2-1 Grounding Tool

subject

Relaxation/Mindfulness

activity

Instruction and practice

objectives

Teach children/teens/adults to be in the present moment using their 5 senses. This can be effective in treating insomnia and dissociation as well as general relaxation.

Instructions

Instruct client that they will learn and practice to relax their body and mind and remain focused on the here and now.

Instruct them to keep their head and body relatively still. This is important for the client to really concentrate on their senses. It doesn't matter if the client repeats themselves or confuses how many times they have done each sentence. All that matters is that they are truly seeing, hearing or feeling/touching what they are saying in the following sentences. In this case "feel" means touch, not emotion. Remind the client that they will get better and better with practice. Have the client say/do the following sentences. They can use the following page for practice at home.

ASHLEY FIORE, LCSW

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Things
you:

See

Hear

Feel/Touch

I see

I hear

I feel

I see

I hear

I feel

I see

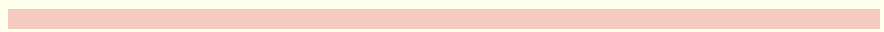
I hear

I feel

I see

I hear

I feel



I see

I hear

I feel

I see

I hear

I feel

I see

I hear

I feel



I see

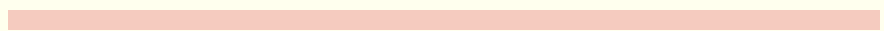
I hear

I feel

I see

I hear

I feel



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Thing
you:

I see

I hear

I feel
