Drink a glass of water, juice or cup of tea.

Close and open your eyes. Pay attention to anything that catches your eye.

Touch a piece of furniture and notice the sensations of your hand on the surface.

Notice the temperature in the room.

Walk & pay attention to sensations of your body or feet on the ground.

Count backwards from 100 (or 10 if a child)

Name six colors you see in your surroundings.

Touch something in nature and notice the sensations of your hand on the surface.

Notice three sounds within the room and three sounds outside.

Push your hands against the wall or stand with your back against a wall.

Based on the Community Resiliency Model, the Trauma Resource Institute