

THE 5 SENSES GROUNDING TECHNIQUE

LOOK



Name **5**
things you can see

FEEL



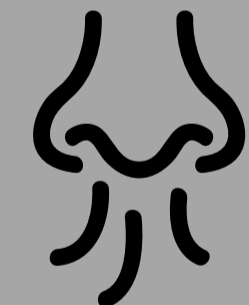
Name **4**
things you can feel

LISTEN



Name **3**
things you can hear

SMELL



Name **2**
things you can smell

TASTE



Name **1**
thing you can taste



MELISSA J MACDONALD

FEELING WORDS FOR KIDS



WWW.MELISSAJMACDONALD.COM

HAPPY



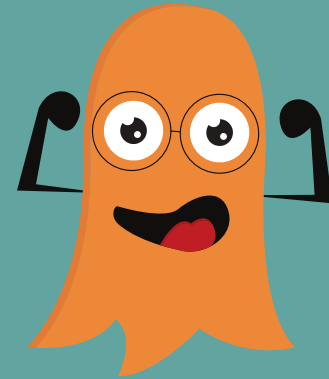
bubbly
cheerful
content
delighted
ecstatic
glad
joyful
pleased
terrific
wonderful

SAD



blue
depressed
disappointed
down
gloomy
heartbroken
hopeless
miserable
unhappy
upset

POWERFUL



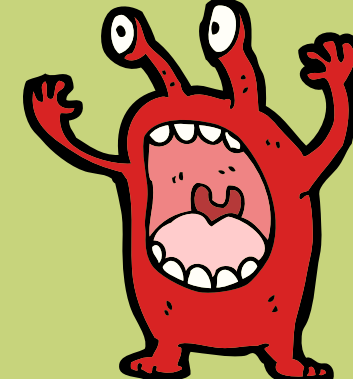
ambitious
bold
brave
certain
courageous
determined
empowered
mighty
strong
superhuman

CONFUSED



doubtful
dumbfounded
indecisive
jumbled
lost
mixed-up
perplexed
tense
uncertain
unsure

MAD



angry
annoyed
crabby
enraged
frustrated
furious
grouchy
grumpy
infuriated
irritated

OTHER



afraid
ashamed
bored
caring
curious
embarrassed
guilty
jealous
quiet
shy