

Nature-Based 5-4-3-2-1 Grounding Worksheet

Name: _____ Date: _____

This exercise helps reduce overwhelm, anxiety, and trauma responses by gently anchoring your awareness in the present moment through your senses using the natural world as your guide.

When to Use This

- When feeling anxious, triggered, or overwhelmed
- When thoughts are racing
- When you feel disconnected from your body or surroundings

Step 1: Settle In

1. Pause where you are. If possible, step outside or look toward a window.
2. Take one slow breath in... and out.
3. Let your attention gently land in the present moment.

Step 2: Five Things You Can See

Look around and name five things you can see in nature. (Examples: trees, clouds, grass, birds, sunlight, water)

Step 3: Four Things You Can Feel

Notice four things you can physically feel. (Examples: breeze on skin, sun warmth, ground beneath your feet, texture of a leaf or stone)

Step 4: Three Things You Can Hear

Listen carefully for three natural sounds. (Examples: wind, birds, rustling leaves, distant water)

Step 5: Two Things You Can Smell

Notice two scents in your environment. (Examples: fresh air, soil, plants, rain)

Step 6: One Thing You Appreciate

Name one thing in nature you feel grateful for right now.

Step 7: Check In

Take a slow breath.

Right now, I feel:

What changed, even slightly, after this exercise?

Optional Anchor

Choose a simple phrase to repeat as you breathe:

“I am here.”

“I am safe in this moment.”

“The earth holds me.”

Your phrase:

Practice Note

You don't need a perfect natural setting. Even a single plant, the sky, or fresh air can be enough. If you don't have access to an outdoor environment right now, you can always picture one in your mind and imagine things you might see, hear, smell, etc. in that place. The goal is presence in the moment.