

Sensory Grounding Free-Write

Name: _____

Date: _____

Directions: Find a comfortable place and sit by yourself. Ideally you will not be able to see any other students from your spot. Make sure you are facing away from others to minimize distractions. Get comfortable. Breathe Deep. Be mindful of all your senses. What do you hear? What do you smell? What do you feel? What do you Taste? What do you see? When you hear the signal, write about your sensory experience.

What I hear, feel, smell, taste and see? What was this activity like for you? How has it affected your experience, view or understanding of this place?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

