

5-4-3-2-1

técnica de anclaje

*Encuentra la calma usando
tus 5 sentidos*

5

cosas que ves:
observa a tu alrededor
y nombra lo que ves

4

cosas que sientes:
identifica 4 cosas que puedes
tocar y siente su forma,
textura, o temperatura

3

cosas que oyes:
escucha 3 sonidos en tu
alrededor, lejos o
ceranos

2

cosas que hueles:
observa 2 olores en tu
alrededor, agradables o neutros

1

cosa que saboreas:
identifica 1 sabor que hay
en tu boca. Si no hay, toma
agua y siente el sabor

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Grounding Technique

*Find a sense of calm using
your 5 senses*

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things you can see:

observe your surroundings &
name what you can see

4

things you can feel:

identify 4 things you can
touch & notice each one's
shape, texture, or temperature

3

things you can hear:

listen to 3 sounds you
notice around you, close or
faraway

2

things you can smell:

observe 2 smells you notice
around you; they can be
pleasant or neutral

1

thing you can taste:

identify 1 taste present inside
your mouth. If there's not one,
take a sip of your drink and
notice the flavor

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