

# grounding exercise

LIST SOME OBJECTS AROUND YOU.

WHAT IS OUTSIDE THE CLOSEST WINDOW?

LIST ALL THE COLORS YOU SEE.

IS IT  
*warm*  
OR  
*cold*

*biggest*  
THING IN THE ROOM?

*smallest*  
THING IN THE ROOM?

WHAT IS YOUR FAVORITE THING IN THE ROOM AND WHY?

COUNT THE ELECTRONICS IN THE ROOM.

COUNT THE BOOKS IN THE ROOM.

COUNT THE \_\_\_\_\_ IN THE ROOM.

*date*