

Sensory Scavenger Hunt



Learning aims

- To become familiar with the '5,4,3,2,1' grounding technique.

What you will need

- Just your surroundings!
- Camera, pens and paper are optional.

Variations in the Activity

This activity can be used anywhere, indoors or outdoors. There are various options. The simplest version is to just invite the child to name the items (as described below). If you would like to extend the activity, you could try any of the following:

- Give the child a camera to take photos/sound recordings of the items
- Invite the child to draw the items.
- Add some challenge by specifying, for example, that the 5 things they can see should all be green or start with the letter 'B' (or any colour/letter of your choice).

This activity should be enjoyable for the child, so be cautious not to add frustration or stress with any variations you try. If they have positive associations with the activity, they are more likely to be able to access it as a regulatory tool.

Instructions

Name, photograph, or draw the following:

5 things you can see



4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste



Therapeutic relevance

This activity familiarises children with a practice known as 'Grounding using the 5,4,3,2,1 technique'. The technique works in much the same way as the activity, except that children can simply name the items rather than searching for and photographing them.

This technique can be helpful when a child is feeling overwhelmed, anxious or dysregulated. It works by focussing attention and senses to the here-and-now.

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