

Build A Snowman Grounding Activity

A Mental Health Companion Activity
to Use with E-Therapy's
Snowman Sticker Scene



E-Therapy


Build A Snowman: Grounding Activity

Grounding is an activity that helps us reconnect with our environment by engaging our 5 senses. It also helps us with decreasing feelings of anxiety and stress that we may be experiencing. In the following activity, we will practice grounding by utilizing our sense of sight, sound, touch, smell, and taste. As we engage each of our 5 senses according to the directions below, we will complete the snowman scene with the items provided.

Get your free interactive companion snowman scene here: [Click Here](#)



 Identify 5 colors around you and then place the eyes on the snowman.

 Identify 4 textures or things you can touch/feel and then place the hat, scarf, and arms/hands on the snowman.

 Identify 3 things you can hear and then add the children and the bird to the picture.

 Identify 2 things you can smell and then place the nose on the snowman.

 Identify 1 thing you can taste and then add a funny mouth to the snowman.

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I'm **OWLbert**, your friendly guide from E-Therapy, the therapy experts. I hope you enjoy this activity! For more information about our online therapy services and to explore a wealth of activities and resources, be sure to visit our blog, **Empower**.

E- Therapy is dedication to supporting your onsite and virtual needs.
We're here to help you soar!

Click here to discover all our resources and take your therapy sessions to the next level!

Warmly,
OWLbert

