

Hi! I'm Ray the Lighthouse, and sometimes even lighthouses need to feel calm and steady.

I use my 5 senses to help me remember I am safe...



Ray can SEE five things...

1. The bright blue sky
2. A seagull flying by
3. His cozy lighthouse room
4. The waves rolling in
5. His shiny red-and-white stripes

Ray can TOUCH four things...

1. The smooth railing
2. The cool breeze
3. His sturdy lighthouse walls
4. The soft sand at his base

Ray can HEAR three things...

1. Waves crashing
2. A boat horn in the distance
3. Seagulls calling

Ray can SMELL two things...

1. The salty ocean air
2. Fresh seaweed nearby

Ray can TASTE one thing...

1. A tiny drop of ocean mist in the air

Ray feels grounded, steady and bright--just like his lighthouse light!

Now ask yourself...

What are 5 things you can SEE?

What are 4 things YOU can TOUCH?

What are 3 things YOU can HEAR?

What are 2 things YOU can SMELL?

What is 1 thing YOU can TASTE?

You can also shine like Ray--after you do this grounding exercise!!