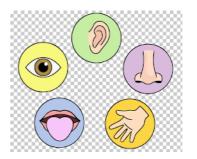
Grounding Techniques

5-4-3-2-1 senses

- 5 things you see
- · 4 things you hear
- · 3 things you smell
- · 2 things you can touch
- · 1 thing you are grateful for



5-4-3-2-1 sights

- · 5 colours I see
- · 4 shapes I see
- · 3 soft things I see
- · 2 people I see
- · 1 book I see



A-B-C around the room

This exercise will get children connected with the place where they are right now. Have the child look around the room and name something they see that starts with A, then B, then C and so forth. See how far they can get through the

alphabet and then check-in to see how they're feeling once they reach the end.



Object focus

Keep some unique items on hand with different textures and colours. These could be sensory items, colourful rocks, snow globes or something else. Children can hold an item in their hands and tune in all of their focus to the item.

Notice the colours. Notice the textures. How does it feel in my hand? How does it feel when I squeeze it? What colors do I see? Just notice everything there is to notice about the item!



I am here hand trace

For this exercise, you will need paper and a pencil, marker, or crayon. Children can trace a hand on the paper. You can take this a few different directions. Children can simply press the hand into the space on the paper and feel the connection between hand and table. Or they can use the space inside the hand to write things they see or describe the room.

Stomp, stomp, blow

For an active grounding exercise, have children stomp the left foot, stomp the right foot and then exhale deeply.

Continue this pattern of stomp, stomp, blow, stomp, stomp, blow. Feel the



connection of feet with the floor. Blow away anxious thoughts.

Re-orientation

To re-orient to the moment, ask children to name facts about the moment. You can give them a card to keep with them to remind them of facts and practise, practise, practise! It might sound like:

- · My name is...
- · I am in...
- · Today is...
- · The season is...
- · The weather is...
- · I am wearing...

Room search

Pick one broad category and search the room. Name everything in the room that's green. How many stars can you find in the room? Say the type of shoe everyone in the room is wearing. Count the bricks on one wall.