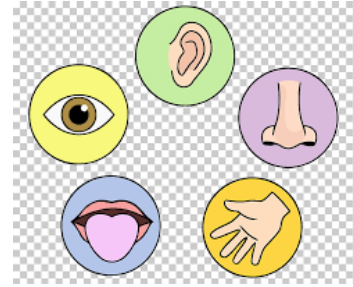


Grounding Techniques

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.



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.

