

Grounding Techniques

PURPOSE //

- Have your child practice grounding techniques, which helps them return to the present and re-focus on their surroundings.

OBJECTIVE //

- Reduce stress and anxiety

INSTRUCTIONS //

Materials

- Printed worksheet for wall, board, fridge, bedroom, etc.

Application

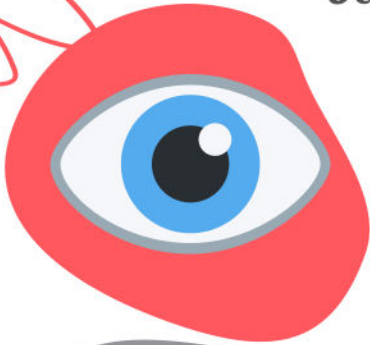
- Print the full worksheet and place it somewhere in your home where it is in sight.
- If your child is feeling overwhelmed or anxious, have them use all 5 senses and locate items that are close by
 - 5 items they see
 - 4 items they can touch
 - 3 items they can hear
 - 2 items they can smell
 - 1 item they can taste

Let us know how the activity goes!

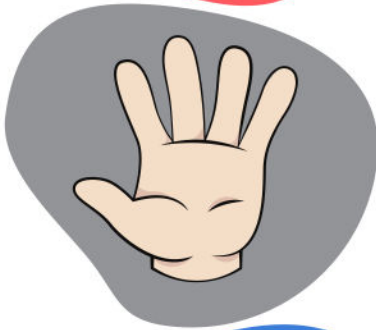
We'd love to hear from you or receive pictures or tag us on social media:



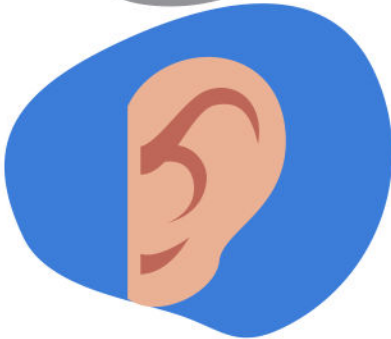
Next time you feel anxious or overwhelmed,
take a breath and give this a try.



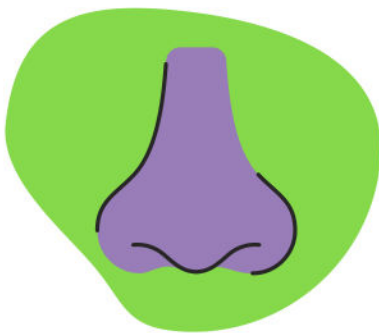
5 THINGS YOU CAN SEE



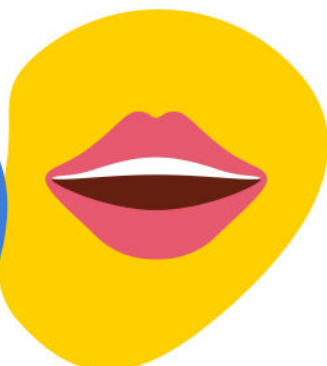
4 THINGS YOU CAN TOUCH



3 THINGS YOU CAN HEAR



2 THINGS YOU CAN SMELL



1 THING YOU CAN TASTE