

Calming Strategy - Grounding

A mindfulness technique called 'grounding' uses the senses to focus your child to be present in the moment. This technique is very popular for children with anxiety. It is important to teach this technique when your child is calm. This will make it easier to recall and use when they are feeling overwhelmed.



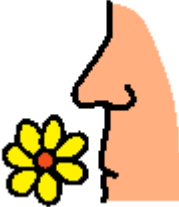

It is best to try to implement strategies to avoid emotions becoming too overwhelming. However, sometimes the unexpected happens and emotions can escalate quickly without any apparent warnings. If this happens, your child's ability to process anything you are saying is greatly reduced. In this case, it is not the time to try to talk to your child about the situation, the priority is to keep your child safe.

Ground activities include:

1. Play a memory game.
2. Recite something.
3. Make yourself laugh.
4. Visualize a daily task you enjoy or don't mind doing.
5. Hold a piece of ice
6. Movement break
7. Sit with a pet
8. Picture the face of someone you love
9. Touch something comforting
10. Listen to music

Five Senses Grounding Exercise

Working backward from 5, use your senses to list things you notice around you. For example, you might start by listing five things you hear, then four things you see, then three things you can touch from where you're sitting, two things you can smell, and one thing you can taste.

5	
4	
3	
2	
1	