

Grounding for Kids

Quick Reset Tricks

- ✓ Jump up & down 10 times
- ✓ Squeeze your fists tight, then release
- ✓ Draw or color a picture
- ✓ Wrap yourself in a cozy blanket
- ✓ Take a big sip of cold water

Sensory Comfort Tools

- 🧸 Hug a Stuffed Animal: Squeeze it tight & feel its softness.
- ☁️ Hold a Smooth Rock or Squishy Toy: Notice the way it feels in your hands.
- 🌿 Suck on a Mint or Chew Gum: Focus on the taste and texture.

5-4-3-2-1 Senses Game

- 👁️ **5 things you can see:** Name things around you. Can you spot something blue?
- 👋 **4 things you can touch:** Feel your clothes, a toy, or the chair you are sitting on.
- 👂 **3 things you can hear:** Listen closely! Do you hear birds, a fan, or someone talking?
- 👃 **2 things you can smell:** Smell something close by, like your hands or a piece of fruit.
- 👄 **1 thing you can taste:** Take a sip of water or notice how your mouth feels.

Breathing Techniques for Calmness

- 🎂 **Blow Out the Birthday Candles:** Imagine a birthday cake and take a deep breath in, then blow out the candles slowly.
- 🌸 **Smell the Flower, Blow the Bubble:** Pretend to smell a flower (inhale) and then slowly blow a bubble (exhale).
- 🐍 **Snake Breath:** Take a deep breath in and let it out slowly while making a 'ssssss' sound.
- 🎈 **Balloon Breathing:** Pretend to blow up a big balloon by taking deep breaths in and out.

Fun Physical Grounding Activities

- 🐾 **Animal Walks:** Pretend to be different animals: stomp like an elephant, hop like a bunny, or crawl like a bear.
- 👣 **Wiggle Your Toe:** Feel your toes move inside your socks or shoes. Can you scrunch them up?
- 🎵 **Dance It Out:** Put on music and shake out the energy!
- 🐢 **Turtle Shell Hug:** Cross your arms and give yourself a big, tight hug like a turtle in its shell.