

5 4 3 2 1 Grounding Exercise



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How to do it:

This technique will take you through your five senses to help remind you of the present. This is a calming technique that can help you get through tough or stressful situations.

Take a deep belly breath to begin.

5 - LOOK: Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.

4 - FEEL: Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.

3 - LISTEN: Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.

2 - SMELL: Say two things you can smell. If you're allowed to, it's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your 2 favorite smells.

1 - TASTE: Say one thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can't taste anything, then say your favorite thing to taste.

Take another deep belly breath to end.

Deep Breathing Printables

Sometimes you need a little more structure and playfulness around how to take a deep breath.

Using shapes is an easy way to keep track of breaths in and out. You can use your finger to trace the shape so you know where you are in your breathing.

Try each and see how they work for you!

For more coping skills
resources and products, visit

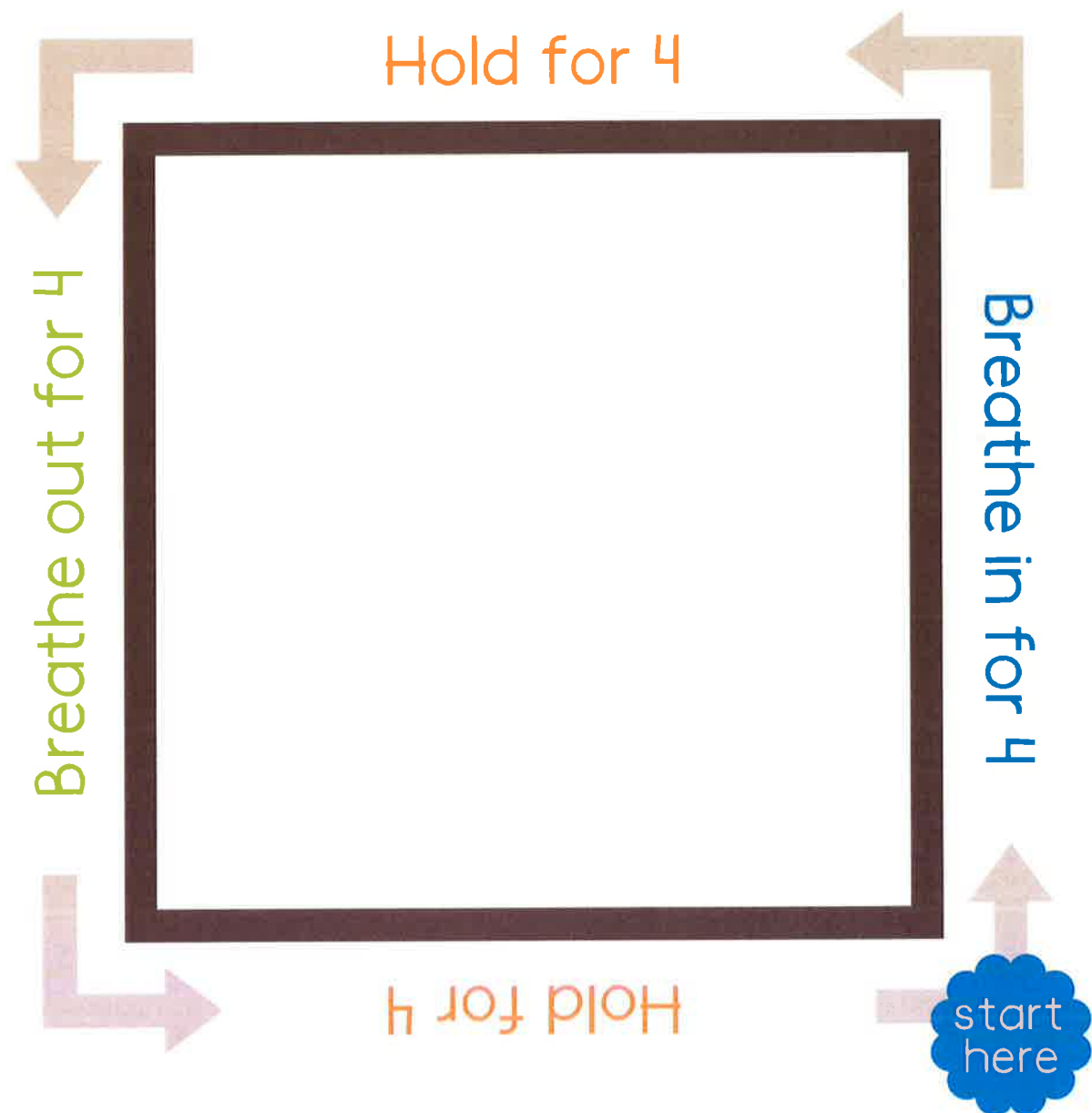


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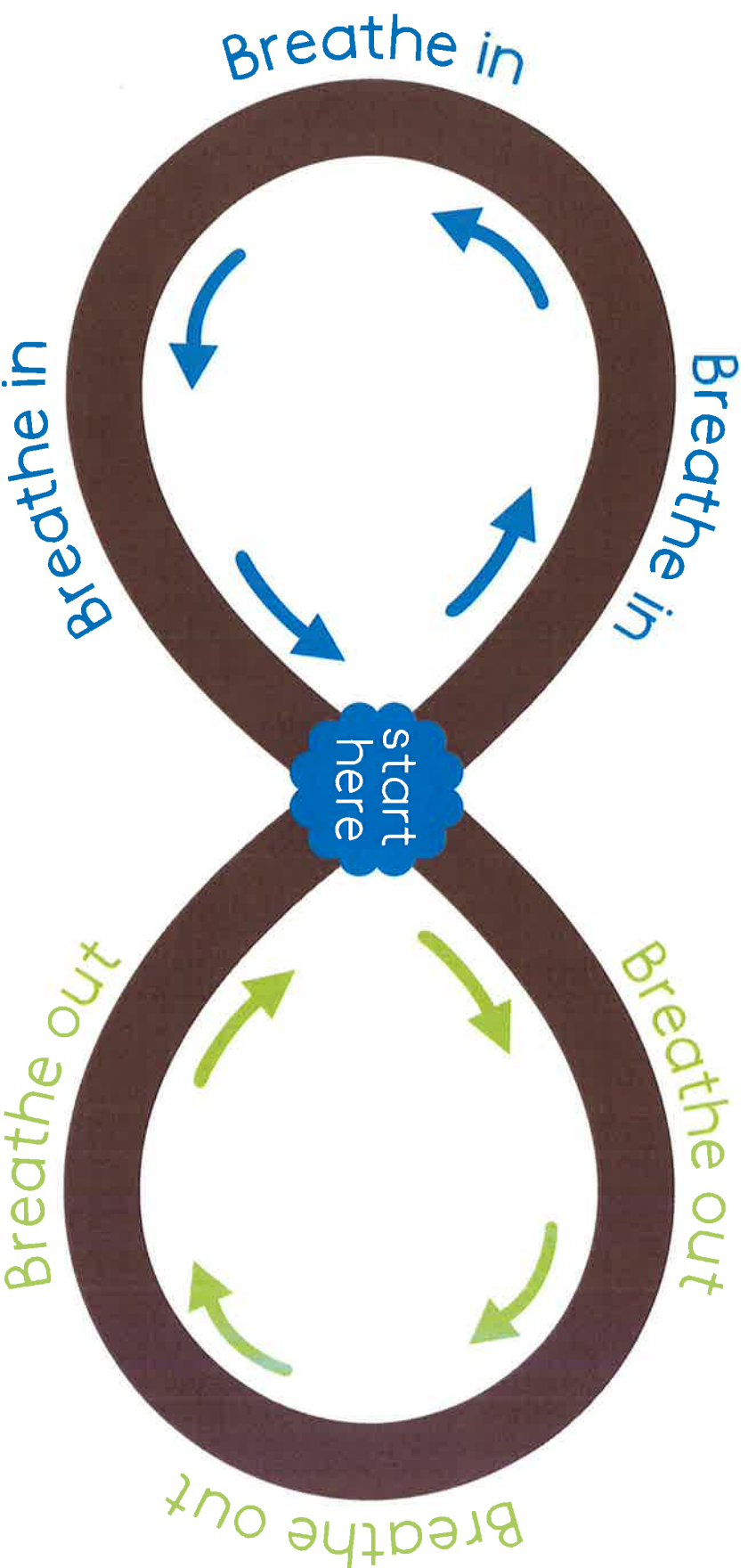
Square Breathing

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.



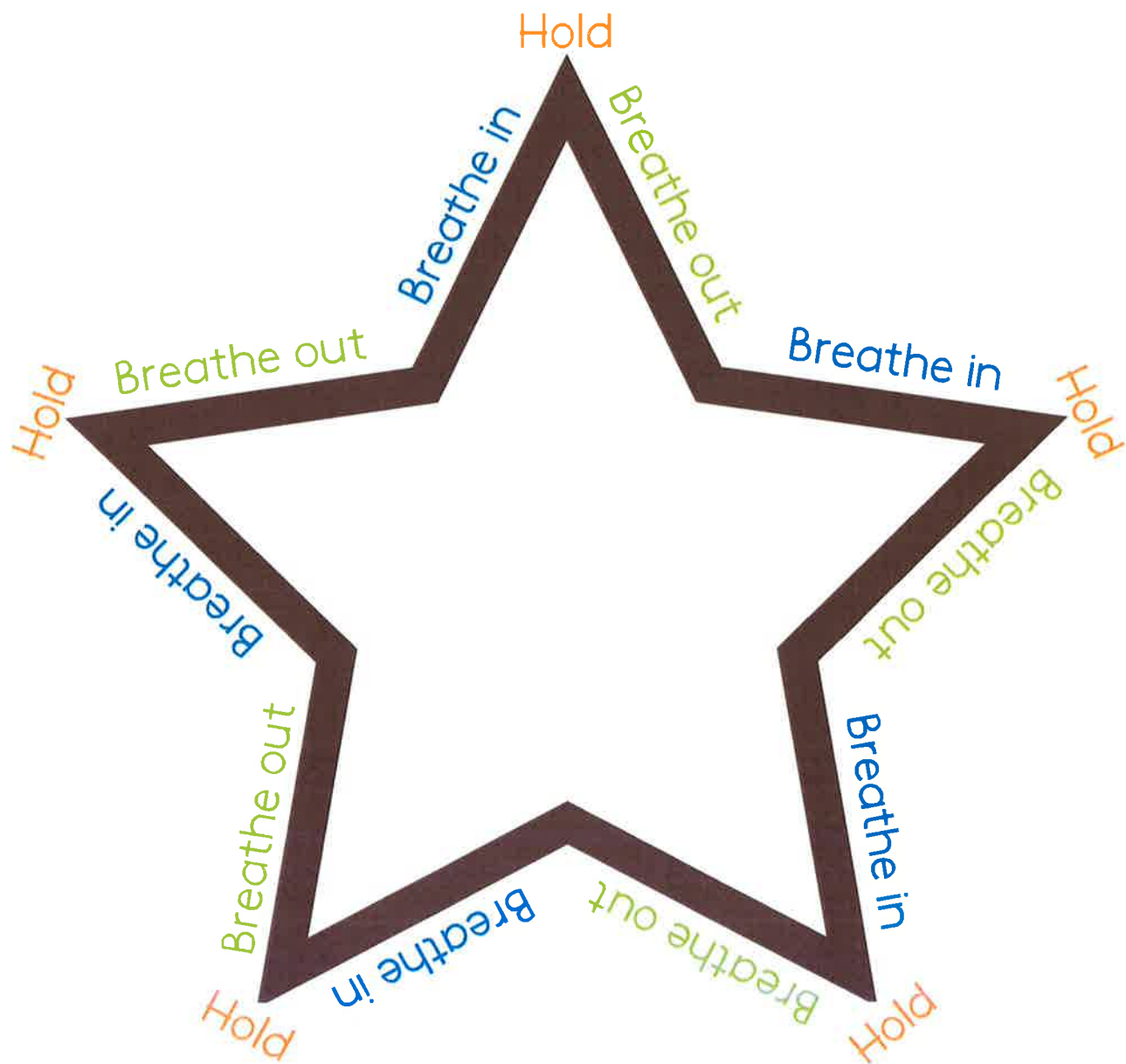
Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



Star Breathing

Start at any “Breathe in” side,
hold your breath at the point, then breathe out.
Keep going until you’ve gone around the whole star.



Triangle Breathing

Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.





Lay or bounce on a ball



Sing the ABCs forwards or backwards



Build with blocks



Go for a run



Swing



Pet a cat or dog



Play a hand game



Smell flowers or diffuse essential oils



Draw with chalk



Listen to music



Go for a walk



Chew gum or suck on a hard candy



Go to a quiet place



Paint a picture



Do a maze, dot to dot, or word search



Read a book



Count slowly forwards or backwards



Ask for a hug



Listen to an audiobook



Choose a fidget to play with



Take a drink of water



Wrap up in a blanket



Invert head or hang upside down



Close your eyes



Do a puzzle



Hum or sing a song



Do yoga



Take 5 deep breaths



Go for a bike ride



Draw a picture



Play hopscotch



Jump on a trampoline



Blow bubbles



Climb a tree



Play an instrument and make music



Do a heavy work activity



Do exercise or play with a ball



Relax in a comfy chair, fort, or ball pit



Look at a calming sensory bottle



Do animal walks



Dance



Do some skipping



Do a cartwheel



Take a bubble bath



Drink a smoothie through a straw



Make silly faces in a mirror



Drink a warm beverage



Watch an hourglass or lava lamp

WHAT TO PUT IN A CALM DOWN BOX

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Items that provide proprioceptive support

- Weighted lap cushion or weighted stuffed animal
- Weighted vest or pressure vest
- Stretchy resistance bands
- Sensory tunnel
- Mini massager
- Body sock
- Small blanket

Items to squeeze & keep hands busy

- Fidgets like Tangle Jr. or puffer ball
- Rubik's Cube
- Play dough or silly putty
- Pipe cleaners
- Stress balls
- Bubble wrap
- Bag of tissue paper to rip
- Scarves or fabric scraps
- Spinning top

Items to support breathing & relaxation

- Bottle of bubbles
- Pinwheels
- Straws and cotton balls or pom poms

Items for olfactory sensory support

- Calming essential oil spray
- Smelling bottles
- Scratch and sniff stickers

Items to get kids moving

- Book of yoga poses or yoga activity cards
- Skipping rope

Items for auditory sensory support

- Noise cancelling headphones
- MP3 player with music
- Audiobooks

Items for oral motor sensory support

- Chew toy or chew necklace
- Chewing gum, hard candies, or lollipops
- Snacks with a variety of textures
- Whistle, harmonica, party blowers, or similar
- Rescue Remedy Spray

Items that give kids a brain break

- Puzzle
- Books to read
- Blank notebook and writing utensils
- Coloring books
- Scratch art doodle pad
- Small chalk board, Magna-Doodle, Etch-a-Sketch, or Boogie Board
- Activity books
- Photo album

Items to visually calm

- Visual calm down cards
- Sensory bottle or calm down jar
- Light up toys
- Flashlight
- Plastic snow globe
- Kaleidoscope
- Hourglass
- Eye mask