

School Counseling ~ Daily Activities

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E-mail Office Hours for Assistance: 9:30-11:00am & 1:00-2:30 pm

ASCA Standards Addressed

Grade(s): K-5

- ASCA Standards:
- PS:A1.5 Identify and express feelings
- PS:B1.4 Develop effective coping skills for dealing with problems
- PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions

Learning Objective

I will be able to use grounding strategies to help manage worry, anxiety and practice mindfulness.

5-4-3-2-1 Senses

This grounding exercise is a great go-to. All you need for this exercise is your senses! Practice identifying:

- 5 things you see
- 4 things you hear
- 3 things you smell
- 2 things you can touch
- 1 thing you taste

5-4-3-2-1 Sights

If noticing each sense is tough right now, try an exercise just with sights. Create categories and name what you see. Here's an example:

- 5 colors 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 help you get connected with that place where they are right now.

- Look around the room and name something you see that starts with A, then B, then C and so forth. See how far you can get through the alphabet and then check-in to see how you're feeling once you reach the end.



Be a Tree

There's nothing more grounded than a tree!

- Practice feeling your connection with the ground by imaging yourself as a tree.
- This sounds like…
  - "I am firmly planted. I feel my feet rooted to the ground.
  - My back is a strong trunk helping me feel stable in the moment.
  - I feel my toes connecting with the ground.
  - My arms are my branches. I feel them reach out into the world."

Simply noticing your bodies and feeling your connection with the room helps you feel grounded!

Power Hug

Firm pressure is great for grounding.

- Create an affirming statement to use for this exercise.
- It could be something like…
  - "I am in control"
  - "I am safe in this moment"



- Practice placing the left hand on the right shoulder for a tap and then the right hand on the left shoulder for another tap. Then squeeze into a hug and say the affirmation. Tap, tap, squeeze, affirm. Tap, tap, squeeze, affirm. **Repeat this as many times as needed!**

Reorientation

To re-orient to the moment, name facts about the moment. It might sound like:

- My name is…
- I am in…
- Today is…
- The season is…
- The weather is…
- I am wearing…

Stomp Stomp Blow

- For an active grounding exercise, stomp your left foot, stomp your right foot and then exhale deeply.
- Continue this pattern of stomp, stomp, blow, stomp, stomp, blow, stomp, stomp, blow.
- Feel the connection of feet with the floor.
- Blow away anxious thoughts.

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.

