

Grounding Kit

When we feel anxious it can be helpful to “drop out of our heads and into our bodies.” By using this method, we can calm down the anxious mind and help it quiet and reset. We are going to use one of the five senses to redirect our attention to the sensations of our body.

Sight

Pick a color and look around the room trying to name everything that is that color.

Sound

Make a special play list of “calm down songs” Close your eyes, take deep breaths and listen to the music!

Touch

Splash cold water on your face! Hold Ice and focus on the feelings of coldness.

Taste

Have a bite something strong – sour candy or dark chocolate

Smell

Smell works great! Have some special smells that you can use to focus on. Pick smells that don't have strong emotions – essential oils, lotions, dryer sheets, etc..

Sensory

Put together a special personalized self-soothing kit.

Breathing

4 - 4 - 4- 4 Breathing

Breathe in while counting to 4.
(Make it a deep, belly breath).

Hold your breath while counting to 4.

Breathe out while counting to 4.

Hold your breath while counting to 4.

Do this sequence 2 more times.

Volcano Breath:

(Whole Body Muscle Tensing and Relaxing)

Take a very deep breath in with your
mouth open; fill your lungs up.

Hold your breath.

Tense muscles all over your body.

Count 5-10 seconds.

Let go of all the tension in your muscles
and slowly let your breath out.