GROUNDING (Five Senses) Worksheet

GROUNDING IS A GREAT THING TO PRACTISE IF YOU FEEL ANXIOUS OR OVERWHELMED. IT HELPS US DISTRACT OUR MIND AND BODY AND TO BRING OURSELVES 'BACK DOWN TO EARTH' TRY IT YOURSELF!

5 THINGS I CAN SEE

4 THINGS I CAN TOUCH

3 THINGS I CAN HEAR

2 THINGS I CAN SMELL

1 THING I CAN TASTE

ABC STRATEGY

IN YOUR MIND ON YOUR OWN OR TAKING TURNS WITH A PARTNER, GO THROUGH THE ALPHABET NAMING THINGS UNDER ONE OF THE CATEGORIES:

THE IDEA IS, THAT THE GAME SHOULD TAKE LONG ENOUGH TO CALM ANY OVERWHELMING EMOTIONS, TELL YOUR BRAIN YOURE SAFE AND TO HAVE SOME FUN WHILST DOING IT!

- COUNTRIES
- CITIES
- ANIMALS
- GAMES
- MOVIES
- CELEBRITIES
- EMOTIONS
- FOODS
- DRINKS
- HOBBIES
- BOOKS
- SUBJECTS
- ITEMS IN THE HOUSE
- ITEMS IN SCHOOL
- SOMETHING YOU WEAR
- JOBS
- BRANDS
- DESSERTS
- THINGS YOU TAKE ON HOLIDAY
- THINGS THAT ARE LOUD
- PEOPLE YOU KNOW
- THINGS IN THE SUPERMARKET

EXAMPLE:

CATEGORY IS: COLOURS

AMBER, BROWN, CREAM ...

TIP! If you can't think of a word, skip it and come back to it at the end. If you still can't think of a word.. ask a friend for help!

Breathing Techniques

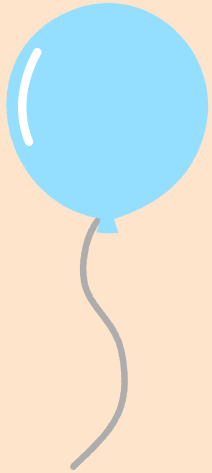
TRY ANY OF THESE BREATHING TECHNIQUES TO CALM YOUR BREATH AND EMOTIONS

FIND YOUR FAVOURITE AND USE IT WHENEVER YOU FEEL OVERWHELMED OR ANXIOUS

Five Finger Breathing

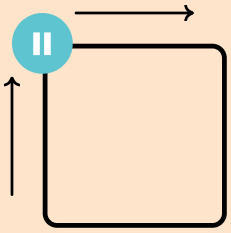
Great for calming down anywhere

1. Open one hand wide like a star.
2. Use your other finger to trace up a finger while breathing in.
3. Trace down the finger while breathing out.
4. Repeat for all five fingers, then start again.
5. Keep going until you feel more calm.



Balloon Breathing

- Put your hands on your tummy.
- Breathe in through your nose and "fill the balloon up".
- Slowly blow the air out through your mouth "empty the balloon out".



Box Breathing

1. Draw or imagine a box
2. Breathe in for 4 going up the side.
3. Hold for 4 on the corners.
4. Breathe out for 4 along the next side.
5. Keep going until you feel more calm