

Grounding Technique

(exerpt from <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/5-4-3-2-1-countdown-to-make-anxiety-blast-off>)

Everyone feels anxious now and then. But there are things you can do to minimize those feelings. Grounding exercises can help you reduce anxiety, quiet your mind and help you shift your focus to your surroundings in the present moment and away from what is causing you to feel anxious.

Find a quiet space, take some deep breaths and try the Grounding With Your Five Senses exercise here:

GROUNDING WITH YOUR FIVE SENSES

5 THINGS YOU CAN SEE		SUN PICTURE ON THE WALL PEOPLE WALKING
4 THINGS YOU CAN FEEL		WIND BLOWING FEET ON THE FLOOR PENCIL IN HAND
3 THINGS YOU CAN HEAR		BIRDS CHIRPING CLOCK TICKING CAR HORNS
2 THINGS YOU CAN SMELL		FOOD FROM THE CAFETERIA LAUNDRY DETERGENT ON CLOTHES FRESH CUT GRASS
1 THING YOU CAN TASTE		MINT Breakfast TOOTHPASTE

"Tell me and I forget. Teach me and I remember. Involve me and I learn."
Benjamin Franklin



Texture Sticks

Glue items with different textures onto popsicle sticks or see pages 2-3 below for some additional activities.

*As with all activities we do, be sure that you are supervising the entire time to prevent choking or accidents.

Texture ideas:	Description ideas:
Cotton Balls	Bumpy
Pom Poms	Soft
Tape	Furry
Sand paper	Scratchy
Nail file	Silky
Empty candy wrapper	Smooth
Lego	Rough
Uncooked noodles	Fuzzy
Uncooked rice	Hard
Uncooked beans	Squishy
Ribbon	Noisy
Yarn	Shiny
Fabric	Dull
Leaf	Crinkly
Buttons	Prickly
Feathers	Metallic
Bubble wrap	Slick
Lace	Colorful
Sponge	Smelly
Cinnamon sticks	Sticky
Paper bag	

Spices & Sprinkles

Painting

<https://crayonboxchronicles.com/2013/08/16/spice-sprinkles-painting/>

Items needed:

- Cupcake pan
- Various colorful spices and sprinkles
- Water
- Paintbrushes
- Paper

Encourage your child to pour water into each of the cups, mix, smell, and paint. Ask your child what smells he/she likes, dislikes, reminds them of certain meals.



'S

HAND

Trace the outline of your child's hand or make a handprint with paint then decorate with textured items you find at home or in nature:

IT FEELS...

Glue different items you find at home or in nature on each hand below and have your child describe its texture on the line below it:












