

MY GROUNDING STRATEGIES



© 2019 Counselor.net

5 things I see



4 things I hear



3 things I smell



2 things I can touch



1 thing I taste



© 2019 Counselor.net

5 colors I see



4 shapes I see



3 soft things I see



2 people I see



1 book I see



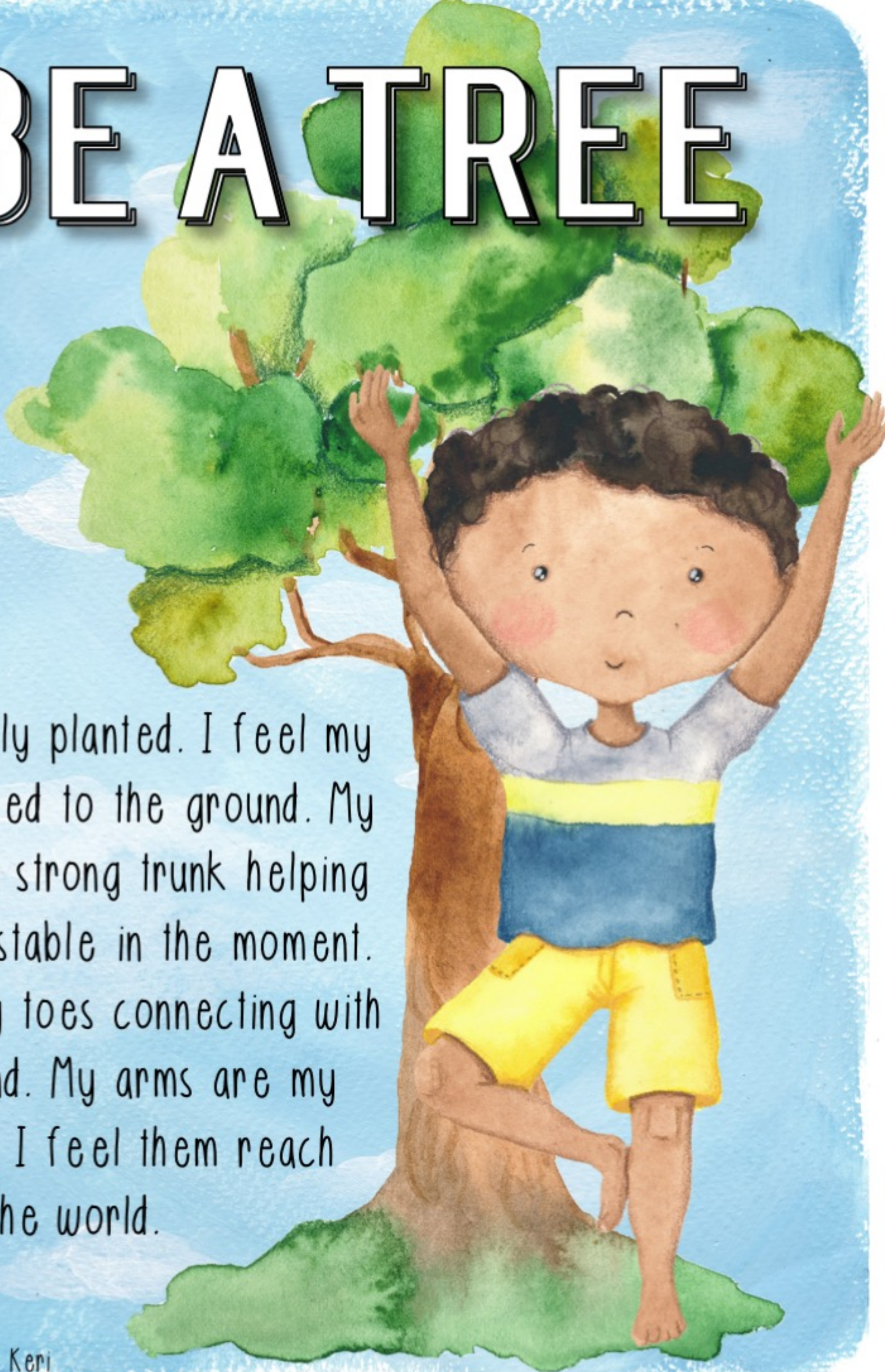
© 2019 Counselor.net

SOMETHING I SEE THAT STARTS WITH...



© 2019 Counselor.net

BE A TREE

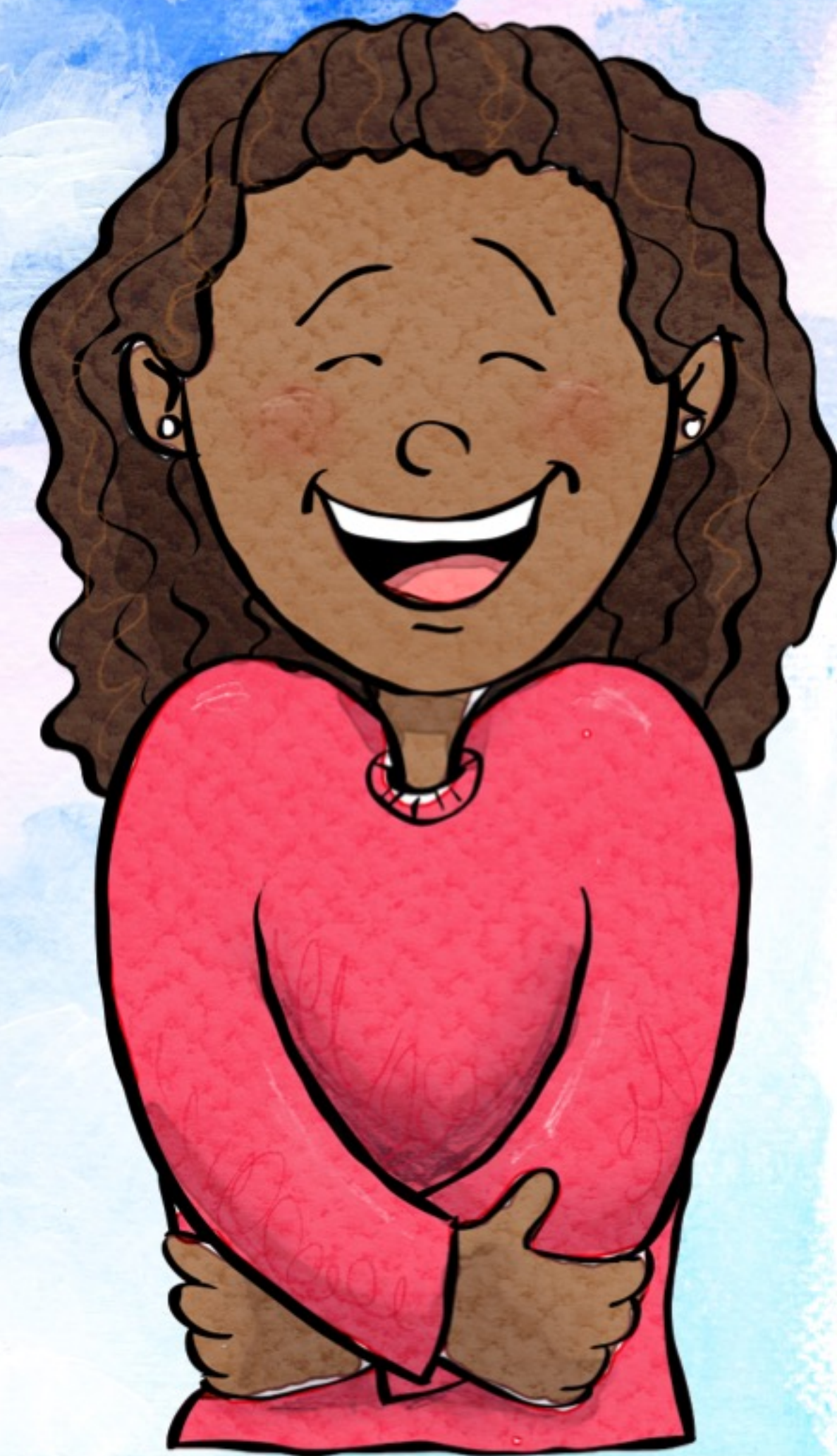


I am firmly planted. I feel my feet rooted to the ground. My back is a strong trunk helping me feel stable in the moment. I feel my toes connecting with the ground. My arms are my branches. I feel them reach out into the world.

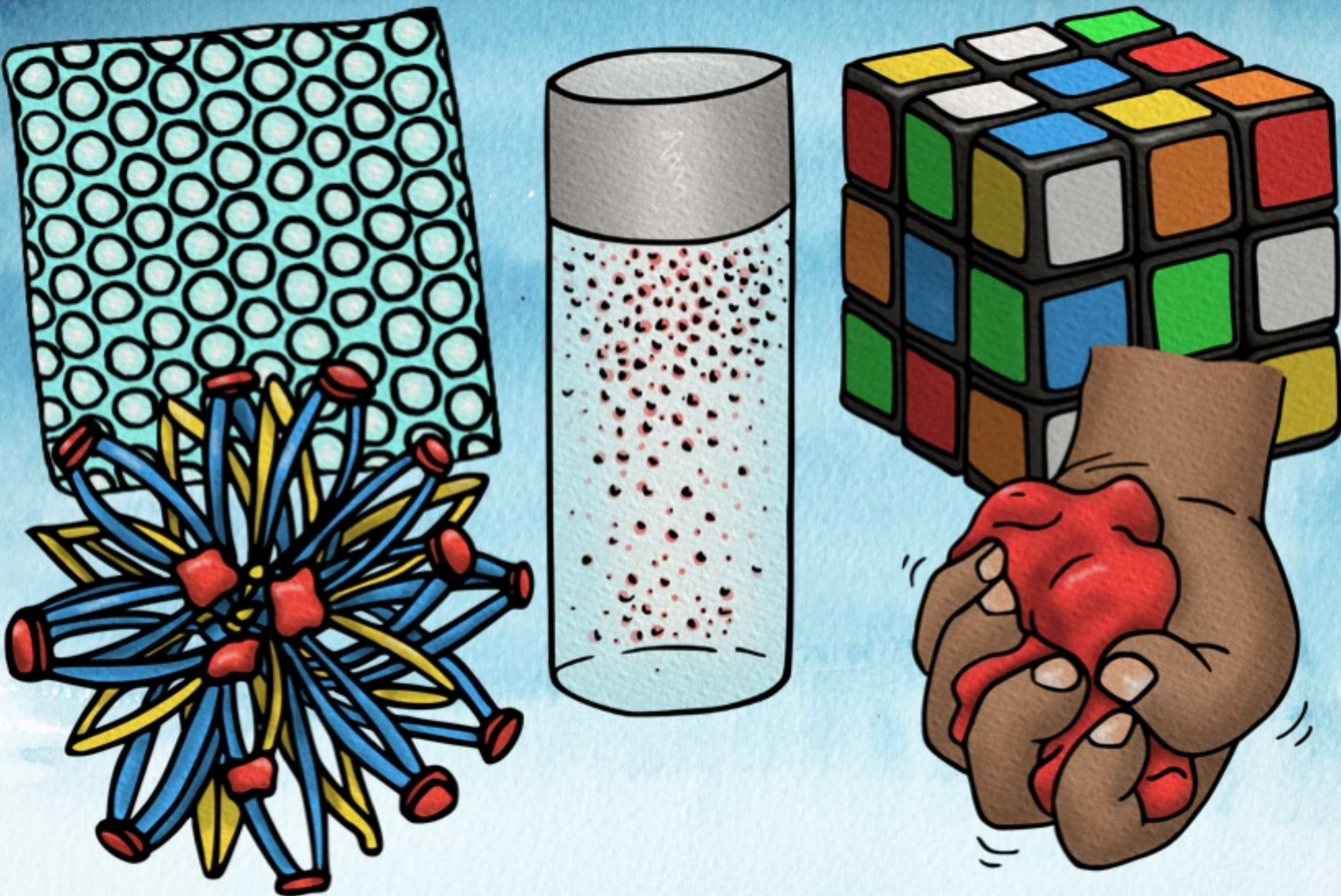
POWER HUG

Tap your left hand on your right shoulder.
Tap your right hand on your left shoulder.
Squeeze yourself in a hug. Affirm yourself by saying, "I am present in this moment" (or create your own affirmation!).

Tap, tap, squeeze, affirm. Tap, tap, squeeze, affirm. Tap, tap, squeeze, affirm.



OBJECT FOCUS



Hold an item in your hand. Put all of your attention on just this one item. Notice everything there is to notice about it. What colors do you see? What textures does the object have? Does it make a sound? How does it feel in your hand? How does it feel if you poke or squeeze it? Notice everything.

I AM HERE



Trace your hand on a piece of paper. Press your hand into the handprint. Notice how your hand feels as you press. Feel your hand connect with the table. With the room. With this moment.

REORIENTATION

Get connected with the here and now. Say and finish these statements:

- My name is...
- I am in...
- Today is...
- The season is...
- The weather is...
- I am wearing...
- I can see...



© 2019 Counselor Keri

STOMP STOMP BLOW

Stomp your left foot.
Stomp your right foot.
Exhale deeply. Feel your foot connect to the ground. Blow away the anxious thoughts.

Stomp, stomp, blow.
Stomp, stomp, blow.
Stomp, stomp, blow.
Stomp, stomp, blow.
Stomp, stomp, blow.
Stomp, stomp, blow.



© 2019 Counselor Keri

ROOM SEARCH

Pick one category and find everything in the room that fits into that category. Here are a few examples:

- Find everything in the room that's green
- Count the bricks on one wall.
- Find all of the squares in the room.



© 2019 Counselor Keri

MY GROUNDING STRATEGIES



© 2019 Counselor Keri