

# GROUNDING WITH SENSES



**5** objects you can **see** right now.



**4** objects you can **feel** right now.



**3** things you can **hear** right now.



**2** things you can **smell** right now.

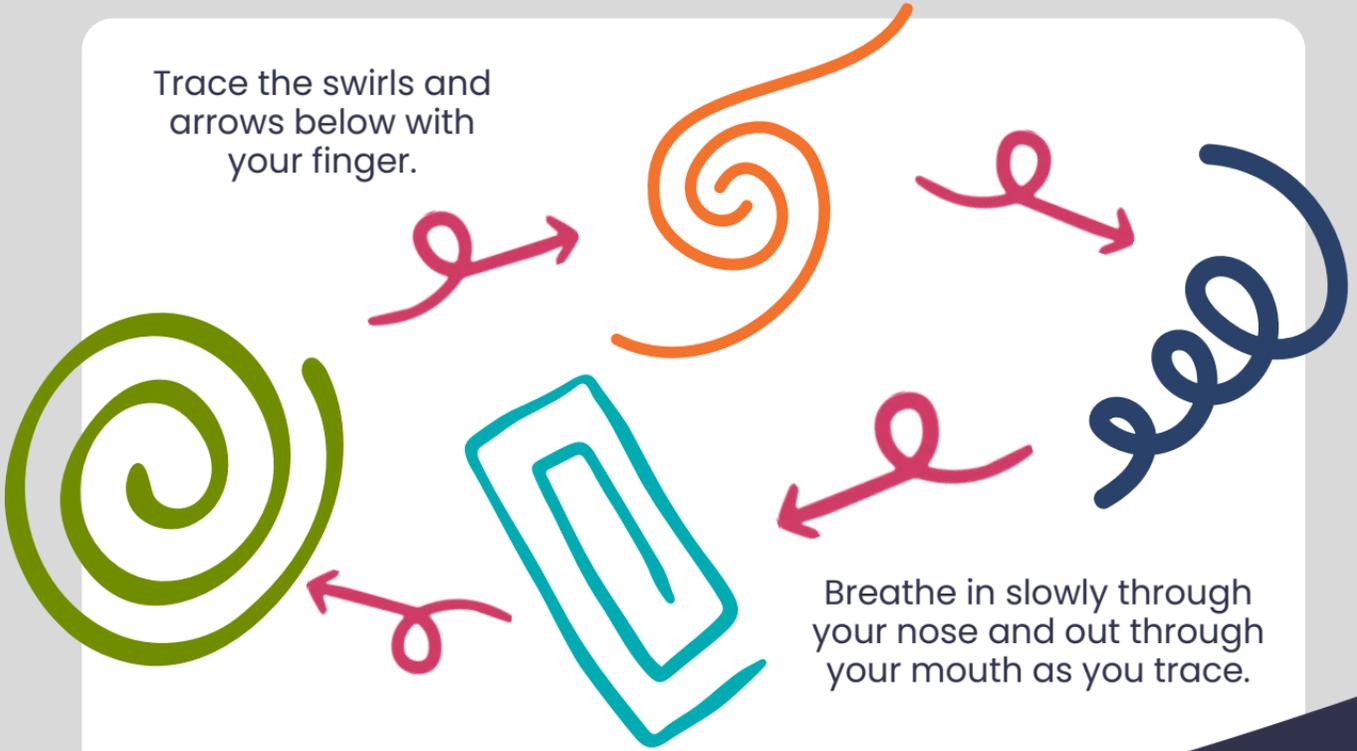


**1** thing you can **taste** right now.



# TRANQUIL TRACING

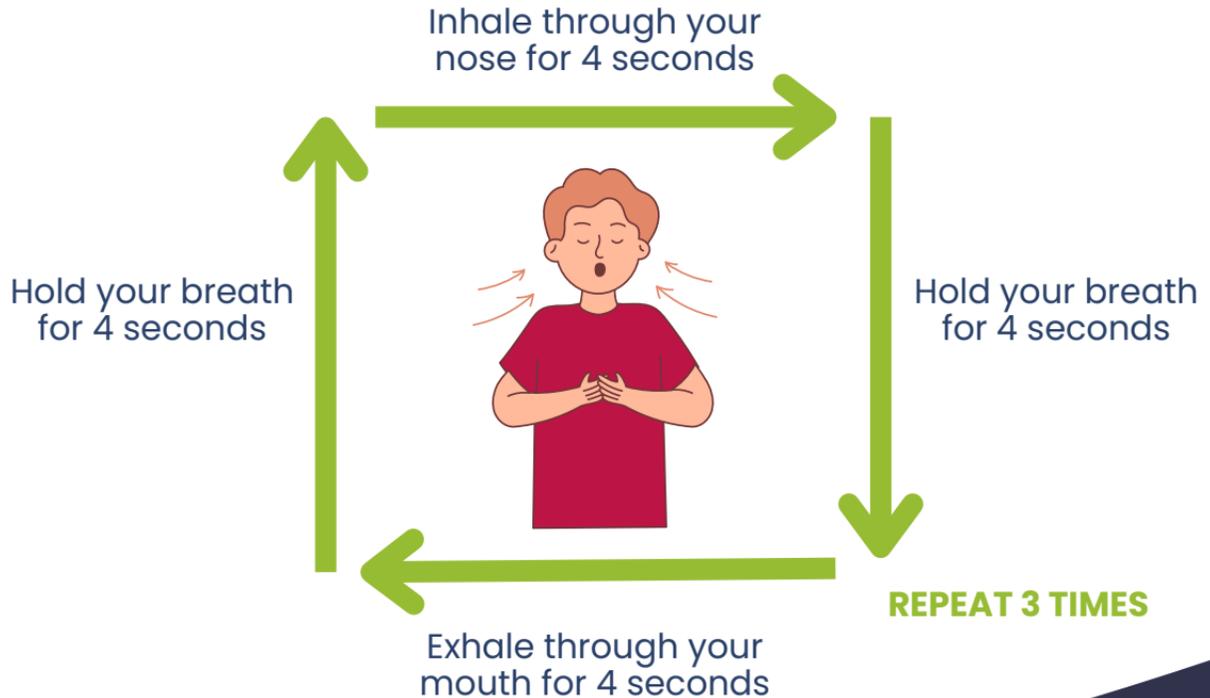
Trace the swirls and arrows below with your finger.



Breathe in slowly through your nose and out through your mouth as you trace.



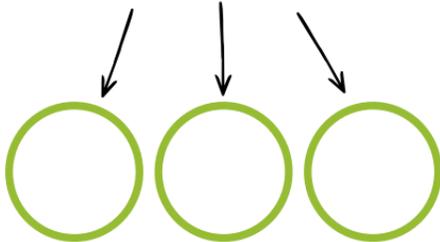
# BOX BREATHING



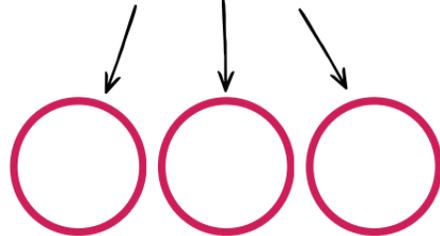
# CALMING CATEGORIES

For each category, think of 3 items or names.

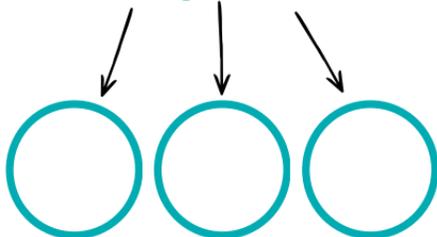
flowers



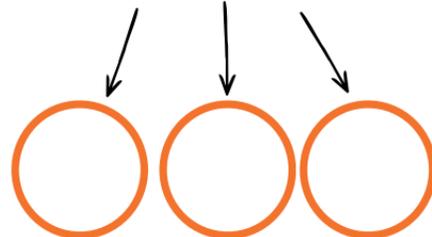
bugs



sports



books



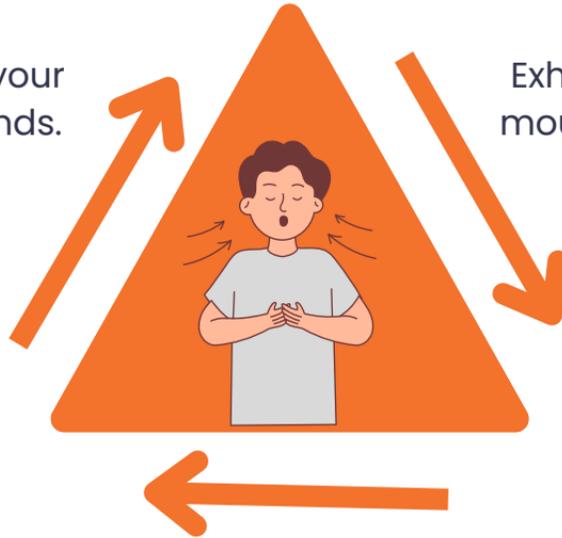
# GROW WITH GRATITUDE

- What's something that you're looking forward to?
- What's something that makes you proud?
- Who is someone who makes you feel happy?
- What can you do to start or end your day positively?
- What is something that makes your life easier?
- What skills do you have that you are grateful for?



# 4 - 7 - 8 BREATHING

Inhale through your  
nose for 4 seconds.



Exhale through your  
mouth for 8 seconds.

Hold your breath  
for 7 seconds.



# JUST IMAGINE



Who would be with you?

What would you see?

What would you smell?

What would you feel?

What would you hear?

Think of a place that you find  
*calm and safe.*  
Imagine yourself there.



# CLAIMING CONTROL



## I CAN CONTROL

- how I respond
- my thoughts
- my words
- my choices
- learning from my mistakes
- my boundaries
- my attitudes



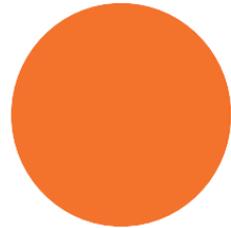
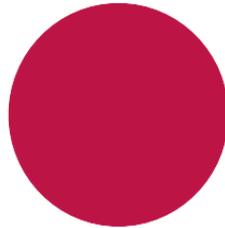
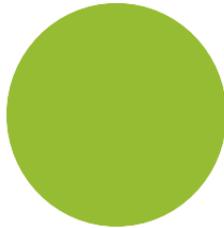
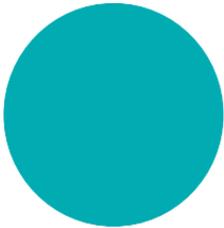
## I CANNOT CONTROL

- the circumstances I am dealt
- what other people think
- other people's choices
- what other people say
- what other people do
- how other people feel
- how others react
- the past



# CALM WITH COLOR

**Name each of the colors below.**



For each of the colors, look for items that are the same color.

-OR-

Look around and name the color of four items.



# QUICK QUESTIONS

## Take a moment to ground yourself, ask...

- Am I safe right now?
- Who might be able to help me?
- How have I successfully dealt with situations like this in the past?
- When did I last eat and drink water?
- What is the best, worst, and most realistic scenario that is likely to happen?
- Will anything change if I worry about it?
- What is one small calming skill I can use right now?

