



# Grounding Techniques

Who is this resource aimed for?

This is a universal resource for children using the Reintroduction Hub

## What are grounding techniques?

Grounding techniques is bringing to focus what is happening to you in the **now** and the **present** moment. Grounding is often associated with mindfulness. The idea is that instead of being focused on what you are thinking, you are grounded in the present moment.





## Different ideas that may help

Collect a flower or something that smells nice. It could be a herb such as one you cook with, or some grass, or even a some nice smelling chocolate. Hold the item in your hand and bring the object to your nose. Breathe in though your nose and inhale the smell of the item. Hold your breath for three seconds (don't worry if you hold your breath for longer or shorter!). Breath out through your mouth. Repeat as many times as you want (or until you want to eat the chocolate!)

## 5, 4, 3, 2, 1 what do you notice?

Think about 5 things you see, 4 things you feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste

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Hello!  
I'm Donnica  
the Dog