

## Grounding Techniques

Use your senses to describe your environment. Pay attention to detail- shapes, colors, textures, etc.

-Can try "5 senses" exercise (name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste)

Name things from A to Z

-Example: animals= alligator, bear, cheetah, deer, elephant... and so on (can do cities, musicians, athletes, etc.)

Notice sensations in your body

-Do you feel tension anywhere? Go from head to toe  
-Can do simple exercises as you focus on body sensations... can stretch, jump up & down, etc.

Describe a task or activity in detail (describe it step-by-step)

-Example: When I shower, I first shampoo my hair. I massage my scalp slowly. It feels calming & soothing. Then I...

Name categories and list 3 favorite things from each category

-Example: My 3 favorite colors are pink, blue, & black. My 3 favorite movies are...

Practice self-compassion by saying kind statements to yourself

-Example: You are strong. You will get through this

Run your hands through water. Can switch between hot & cold water

Touch something comforting (i.e. your favorite scarf, a blanket, etc.)

Recite a favorite song or poem

Focus on your breathing. Inhale through your nose, exhale through your mouth

# Credits



[Marcelle's KG Zone](#)  
-Thank you for the border!