

Get Grounded

Grounding exercises are those that help to reduce anxiety and distress in the moment. They can be helpful for people feeling an anxiety attack coming on and for those who feel on edge or panicky. One of the quickest and easiest exercises in grounding is to tune into your current surroundings and identify three things you can feel, see, hear and smell. This simple act helps to shift your focus to the moment and feel more 'in your body'.

Use the sheet below to talk about this exercise with your child. Practise this with them so they become familiar using it. Let your child know that it is a coping and calming strategy they can use at any given moment in any place.

Get "Grounded"

Find 3 things
you can see

What are
3 things you
can smell?



What are 3 things
you hear
right now?

Name 3 things
you can feel
at the moment.

Grounding exercises are helpful when you feel anxious or distressed because they bring your attention and focus to the present moment.