



Grounding Techniques:

5, 4, 3, 2, 1:

5. Take a deep breath. What are 5 things you can see?
4. Deep breath. What are 4 things you can feel/touch, encourage your child to touch it.
3. Deep breath. What are 3 things you can hear?
2. Deep breath. What are 2 things you can smell?
1. Deep breath. What is 1 thing you can taste? One more deep breath.

Calm Place:

Take a moment and think about a place where you feel calm and relaxed. Imagine yourself in this place right now....

Take a deep breath. What are 5 things you can see there?

Deep breath. What are 4 things you can touch there and imagine yourself touching.

Deep breath. What are 3 things you can hear there?

Deep breath. What are 2 things you can smell there?

Deep breath. What is 1 thing you can taste there? One more deep breath.

Bumblebee Breathing

Take a long inhale in, and hum out when you exhale

Counting Colours and Shapes:

Count all the squares, triangles, circles, etc. you see

Count all the blue, green, pink, yellow, red, etc. colours you see

Auditory Technique:

Encourage your child to close their eyes and focus on their hearing, creating a mental map of the soundscape around them. It could be the chirping of birds, cars passing by on a nearby street, or the footsteps from an upstairs room. Slowly getting them to pay attention to sounds that are close by, and shifting to sounds that maybe further away.

Tactile Technique:

Invite your child to explore the textures surrounding them. Perhaps the soft, comforting embrace of their favourite blanket, or the cool, smooth surface of a collected stone.

Olfactory Technique:

Go outside (where the smells are richer). Encourage your child to take a moment, close their eyes and deeply inhale, engaging with the scents around them. Do this with them or demonstrate. They might pick up on the aroma of meals being prepared in nearby homes, or the fragrance of a blooming flower in the garden.

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