Grounding and Calming

Quick, free ways to help your child feel steady, calm and present.

Grounding means helping the body and mind slow down and notice the here and now: feet on the ground, slow breaths, eyes and ears on what is around. These activities take only a few minutes and work almost anywhere.



Be a Tree

Roots: plant both feet flat on the ground, a little apart.
Trunk: stand tall and stretch up through the top of the head.
Branches: spread the arms out wide.
Take 3 slow breaths and sway gently, like a tree in a soft breeze.

The 5-4-3-2-1 senses check-in

When your child feels worried, upset or wound up, walk through the senses together. Go slowly and say each thing out loud.

Find	For example
5 things you can **see**	A blue cup, a bird, your shoes, a cloud, a picture on the wall
4 things you can **touch**	Your shirt, the floor, a soft blanket, a cool table
3 things you can **hear**	A car, the fridge humming, your own breathing
2 things you can **smell**	Soap on your hands, dinner cooking
1 thing you can **taste**	A sip of water, toothpaste, a cracker

TIP

Practice when your child is already calm, so the steps feel easy when a hard moment comes. For little ones, try a shorter 3-2-1 version.

Barefoot play outside

Many kids feel calmer after time outside with bare feet. Grass, sand and soil give the feet lots of touch and body-position feedback, which can help the whole body settle.

- Walk slowly across the grass
- Dig toes into sand

- Do the Be a Tree pose on the lawn
- Lie on a blanket and watch the clouds
- Hunt for smooth rocks or soft moss
- Play follow-the-leader in a sandbox



Toes in the sand

Let your child squish, dig and bury their feet. Talk about how it feels: warm, cool, gritty or soft.

SAFETY

- Check the ground first for glass, sharp sticks, thorns, ant hills and pet waste.
- Skip bare feet on hot pavement, hot sand or very cold ground.
- Keep shoes on if your child has a cut or sore on the feet.
- Stay with your child outside.

Use these ideas along with the plan from your Oaklin Lane therapist.