

54321 Grounding Technique

Preparation:

- Place both feet flat on the floor
- Lean back into your chair, and make note of the feeling of the chair under you and against your back.
- Cross your arms over your chest
- Gently tap your shoulders, alternating one side at a time.

Alternatively, you can place your hands on your thighs if you are in public, tapping one leg at a time. Although not as effective as shoulder tapping, this technique can still calm you down.

Directions:

1. Find five things you SEE in the room.
2. Notice four things you can FEEL (“my feet on the floor” or “the air in my nose”)
3. Hear three things right now (“traffic outside”)
4. Observe two things you can SMELL right now (or two smells you like)
5. Name one good thing about yourself (or get one thing you can taste)

Ask students for feedback on this exercise.

3-7-8 Breathing Exercise

Another way to calm the body and mind is to practice controlled breathing. Let’s practice a simple breathing exercise before we leave for the day. This is called 3-7-8 breathing. We will breathe in to the count of three, hold to the count of seven, and release to the count of eight.

Thank students for coming and invite them back to the next session!