



GROUNDING TECHNIQUES FOR KIDS

15 Emotional Anchoring Exercises



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WHAT ARE GROUNDING TECHNIQUES?



Grounding techniques are simple tools for children to manage emotions, especially during stress or anxiety. They direct a child's focus from overwhelming feelings to their current sensory experiences.

Choosing and practising a variety of grounding techniques helps children find what suits them best, enhancing their focus, resilience, and emotional control.

Grounding techniques offer many benefits:

- **Engaging the Senses:** Focusing on sensory experiences can help children calm down quickly.
- **Interrupting Unhelpful Thoughts:** These techniques shift the focus away from anxious or negative thought patterns, reducing anxiety.
- **Building Confidence:** Regular practice helps children manage emotions, boosting confidence and overall mental well-being.

TECHNIQUES 1-3



A-B-C Around the Room: This exercise involves your child identifying objects that start with each letter of the alphabet. It can be performed indoors or outdoors, encouraging them to attentively observe their surroundings.



Belly Breathe: Teach your child the art of deep breathing exercises. Deep, belly breaths help calm the mind and stimulate the "rest and digest" nervous system. Ask them to place one hand on their belly and the other on their chest, working on a vital mind-body connection.



Counting Colours and Shapes: This detective game helps ground your child's attention to their immediate environment. Ask them to identify and count different colours and shapes, pulling their focus towards the vibrant world around them and away from internal concerns.



TECHNIQUES

4-6

4

Five Senses Scavenger Hunt: This involves creating a scavenger hunt based on the five senses: sight, sound, touch, taste, and smell. This grounding game develops mindful awareness of children's environment.

5

Finger Breathing: In this exercise, your child traces the outline of their hand with their finger while coordinating their 5-second breaths, inhaling while tracing up and exhaling while tracing down. This helps develop calm breathing and focus skills.

6

Mindful Stretching: Simple stretching exercises such as reaching for the sky, touching their toes, or shaking out their limbs can be beneficial for your child. Encourage them to focus on their body sensations during the stretches to increase awareness and understanding .

TECHNIQUES 7-9



Nature Walks: This exercise combines the calming effects of nature with the practice of mindfulness, making nature walks an excellent grounding exercise. Encourage your child to engage all their senses during these walks.



Object Identification: This exercise involves focusing on a specific object in their surroundings, describing its texture, shape, and colour in detail, thereby enhancing observational skills and mindfulness.



Cloud Watching: A relaxing activity that fosters mindfulness and creativity. Ask your child to describe the shapes, colours, and movement of the clouds they see, promoting their imagination and focus on the present moment.



TECHNIQUES 10-12

10 **Progressive Muscle Relaxation:** This technique involves sequential tensing and relaxing of different muscle groups. Start at the toes and work up to the top of the head. It enhances body awareness and releases physical tension.

11 **Quiet Time Visualization:** Encourage your child to close their eyes and visualise a peaceful place, such as a beach or a forest. This activity promotes relaxation and imagination, aiding in grounding their minds.

12 **Sound Mapping:** Improve your child's attention, focus and ability to calm themselves by having them create a mental map of the sounds in their environment. Set a timer for 2 minutes and practise the exercise together.

TECHNIQUES 13-15



Texture Touch Exploration: This tactile experience involves exploring different textures like soft, rough, or smooth surfaces, which boosts mindfulness and sensory awareness and calms the nervous system.



Water Play: Water play can be a soothing and grounding activity that enables your child to focus on the sensations it provides. Whether it's splashing in a puddle or running fingers through water, it encourages sensory exploration.



Yoga: Introducing yoga to your child helps them naturally build body awareness and sense what calms them. Simple poses can improve focus, balance, and flexibility.

notes



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TATF
THEY ARE THE FUTURE

They Are The Future is a website run by me, clinical child psychologist Dr Lucy Russell, and my fantastic team of mental health professionals.

We help families with 5-17 year-olds to have the best possible wellbeing and mental health.



Have a look at our support articles, courses and other resources at [TheyAreTheFuture.Co.Uk!](https://TheyAreTheFuture.Co.Uk)