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Grounding Techniques *for Kids*



Six little games for when feelings get too big or too floaty. Each one brings you back to right here, right now.

1 PICK A GAME · 2 PLAY IT SLOW · 3 NOTICE YOU'RE HERE

1 The Detective Game

WHEN YOUR HEAD FEELS SWIRLY



- Detective on duty! Spot **5 things you can see**.
- Now **4 things you hear**, **3 you can touch**. Case closed!

GROUNDING MAGIC Your eyes and ears only work in the here and now.

2 Strong Tree

WHEN YOU FEEL WOBBLY INSIDE

- Stand up tall and still. Pretend your feet grew big, strong roots deep into the floor.
- Here comes the wind! Take a slow breath and sway your branches side to side - your roots hold tight. You can't fall!

GROUNDING MAGIC Feeling the floor tells your body exactly where it is.

3 Ice Cube Magic

WHEN FEELINGS GET TOO BIG

- Hold an ice cube in your hand, or splash cool water on your face and wrists.
- How does the cold feel? Tingly? Drippy? Zingy? Report every detail of your discovery like a real scientist.

GROUNDING MAGIC A big cold wow brings your whole brain back to now.

4 The Color Hunt

WHEN YOUR BRAIN NEEDS A JOB

- Ready, set, hunt! Find everything **blue** in the room and call it out. (Whisper if you're at school.)
- Now hunt for everything **red**. Keep picking new colors until you feel steady.

GROUNDING MAGIC Hunting colors keeps your eyes busy right here.

5 Push the Wall

WHEN BIG ENERGY FILLS YOU UP

- Put both hands flat on a wall, plant your feet, and push as hard as you can while you count to 10.
- The wall never moves, but you win anyway. Shake out your wiggly noodle arms.

GROUNDING MAGIC Working muscles wake your body up to right now.

6 Rainbow Breathing

WHEN YOU NEED SLOW AND CALM



- Breathe in slow, tracing a big rainbow up and over the top.
- Breathe out even slower gliding down. Paint 3 more.



GROUNDING MAGIC Slow breaths float you softly down.

FOR GROWN-UPS

Why grounding works: worries live in the imagination, but the senses only live in the now. Each game walks a child back through their senses.

Play it together first, when everyone is calm. A game your child already knows is one they can reach for mid-storm.

Keep it playful, never a punishment. Join in, whisper it like a secret mission, and praise every try - even a ten-second game counts.



For everyday big feelings, not a substitute for professional care. If worry or overwhelm keeps getting in the way of school, sleep, or play, your pediatrician or a child therapist can help.