

Grounding Exercises

Individuals who experience traumatic events or traumatic stress may experience triggers when they are outside of therapy or away from home. It is important for children to practice grounding techniques to help them calm themselves, refocus attention to the present, and regain a feeling of safety.

Following are a few examples of quick grounding exercises to practice in the session. These can be written on a card and kept in the client's pocket.

Example 1:

5, 4, 3, 2, 1

Think of five things you can see, four things you can touch, three things you can hear, two things you can smell, one thing you can taste.

Example 2:

Positive Coping Mantra

"I am safe. I am [name], I am safe right now; this is just a memory. That was then, and this is now. I am in [place], and the date is [date]. This flashback will pass."