

## GROUNDING TECHNIQUES

Grounding techniques are a stress management exercise used to orient someone in the present when they're emotionally overwhelmed.

By focusing on their senses instead of their thoughts or feelings, grounding techniques can teach students how to calm down and manage their emotions when they are upset. Teach grounding techniques as a class and help students practice them when they feel stressed.

► Here are a few grounding techniques for you to try out with your students:

- SIGHT** Name five different things you can see around the room.
- SOUND** Listen to energetic or relaxing music for one minute.
- TOUCH** Hold an object in your hands and focus on the color or texture.
- SMELL** Take ten deep breaths, counting each one as your chest rises.
- TASTE** Eat a piece of candy and choose three words that describe its taste.

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