



PARENT/
CARER

CALMING & GROUNDING WORKSHEET

GROUNDING EXERCISE:

Grounding can be helpful when feeling worried, upset, or anxious and will help you focus on the here and now.

This exercise can be done anytime or anywhere but it can help to have a quiet, comfortable place and a few minutes of time, ideally uninterrupted.

5 SEE, 4 TOUCH, 3 HEAR, 2 SMELL, 1 TASTE

Ask your young person to name...

5 things they see

4 they can touch

3 they can hear

2 they can smell

1 thing they can taste



BREATHING EXERCISE: SQUARE BREATHING

1. Ask your young person to find something around them that is a square shape.
2. Ask them to breathe in through their nose, counting to 4, eyes following one side of the square.
3. Hold the breath, as your eyes follow the next side of the square.
4. Ask them to breathe out, through their mouth, for 4 seconds, eyes following the next side of the square.
5. Hold your breath as your eyes follow the last side of the square.

Repeat if needed.

