



Grounding for Anxiety

PURPOSE //

- Have students practice grounding, which helps you return to the present and makes you re-focus on your surroundings

OBJECTIVE //

- Reduce stress and anxiety in students

INSTRUCTIONS //

Materials

- Printed worksheet for classroom or hallways
- Printed hand out cards for students

Application

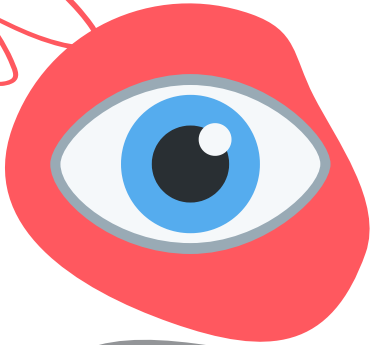
- Print the full worksheet and place it on a wall or door for students to see
- Print, cut and pass them out as cards to students to keep with them when needed

Let us know how the activity goes!

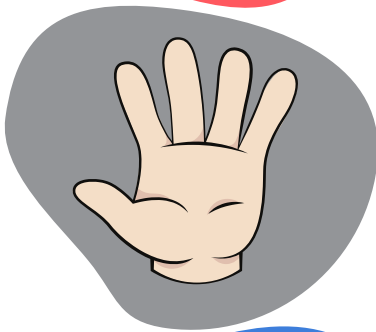
We'd love to hear from you or receive pictures or tag us on social media:



Next time you feel anxious, take a breath and give this a try.



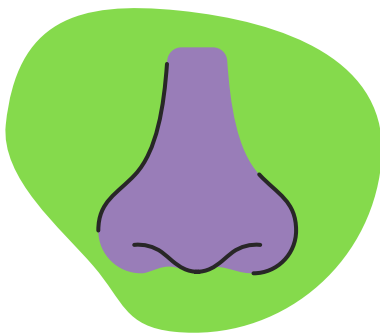
5 THINGS YOU CAN SEE



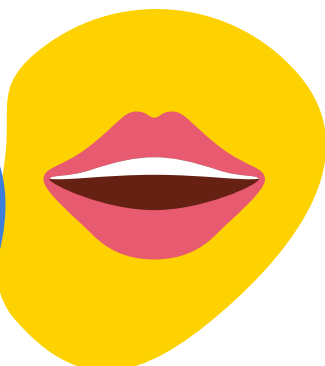
4 THINGS YOU CAN TOUCH



3 THINGS YOU CAN HEAR



2 THINGS YOU CAN SMELL



1 THING YOU CAN TASTE

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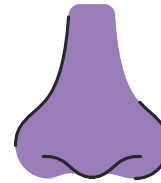
5 Things you can see



4 Things you can touch



3 Things you can hear



2 Things you can smell



1 Thing you can taste



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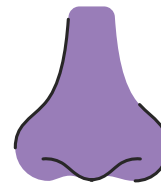
5 Things you can see



4 Things you can touch



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1 Thing you can taste



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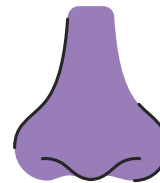
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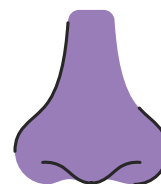
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1 Thing you can taste