



Breathing Tools for Kids

Five Senses Grounding

Five Senses Grounding helps us to calm down our mind and refocus. It's a great tool to use when you feel really sad or angry and can't stop crying, or when you're having trouble sleeping because you can't turn off your brain.

Instructions

1. Take three deep breaths.
2. Look around and say five things you see.
3. Be quiet and say four things you can feel.
4. Be quiet and say three things you can hear.
5. Be quiet and say two things you can taste or want to taste.
6. Say one thing you can smell or want to smell.
7. Take a moment to be still and notice how you feel.

