

MY GROUNDING STRATEGIES



© 2019 Counselor.net

5 things I see



4 things I hear



3 things I smell



2 things I can touch



1 thing I taste



© 2019 Counselor.net

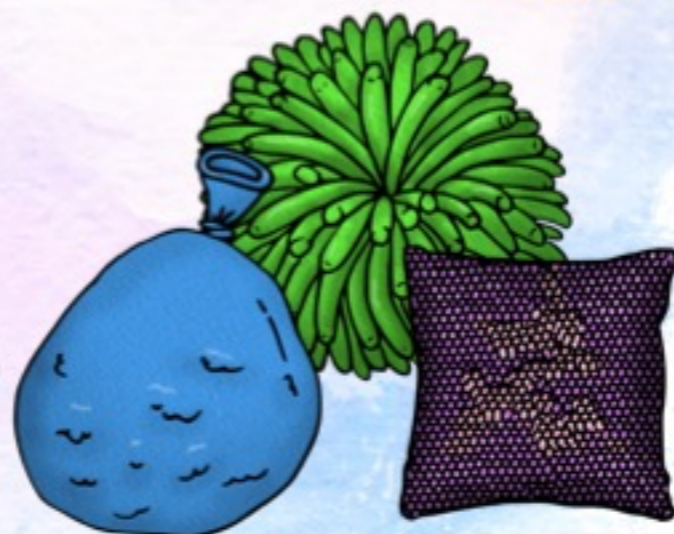
5 colors I see



4 shapes I see



3 soft things I see



2 people I see



1 book I see



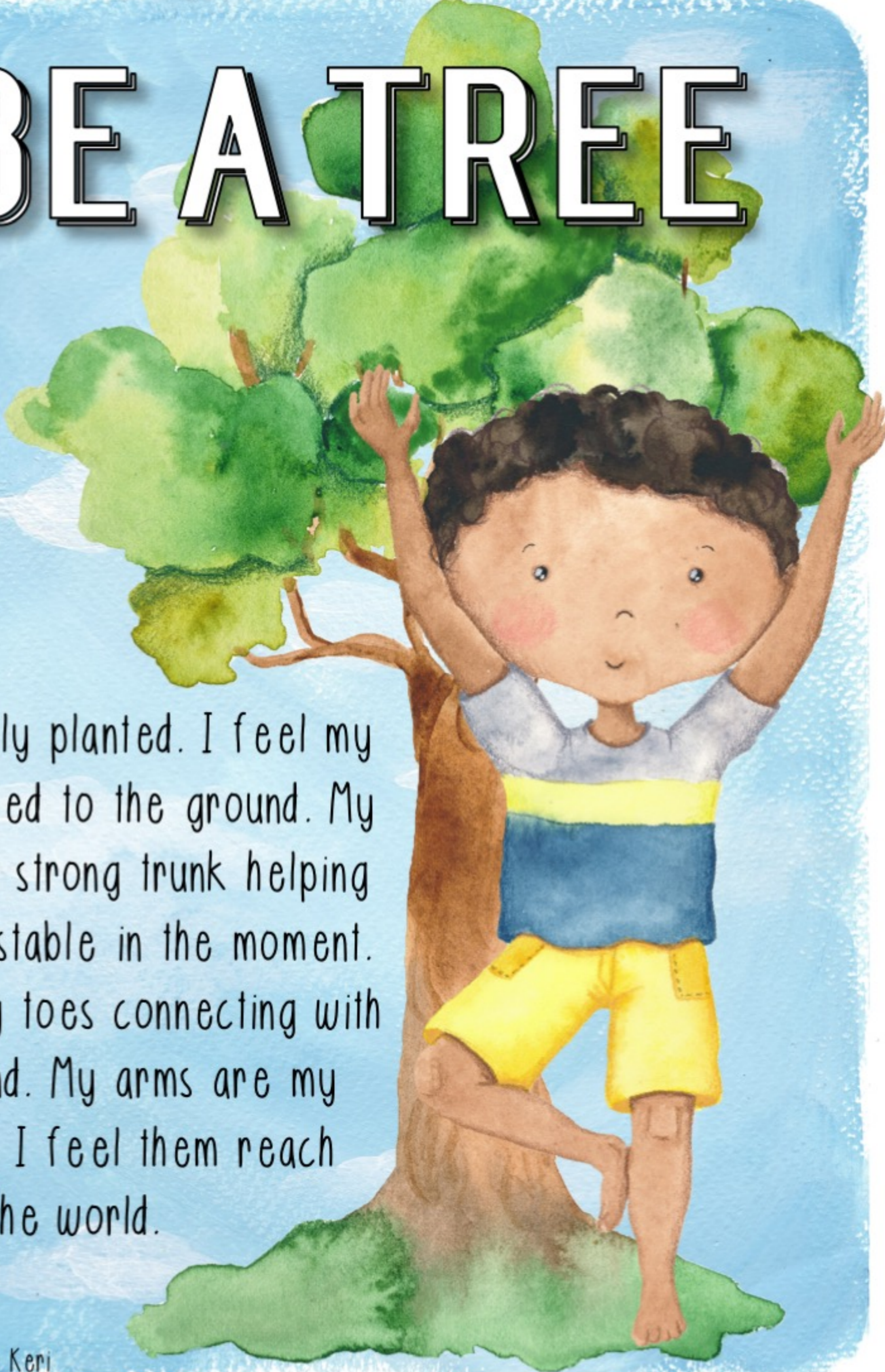
© 2019 Counselor.net

SOMETHING I SEE THAT STARTS WITH...



© 2019 Counselor.net

BE A TREE

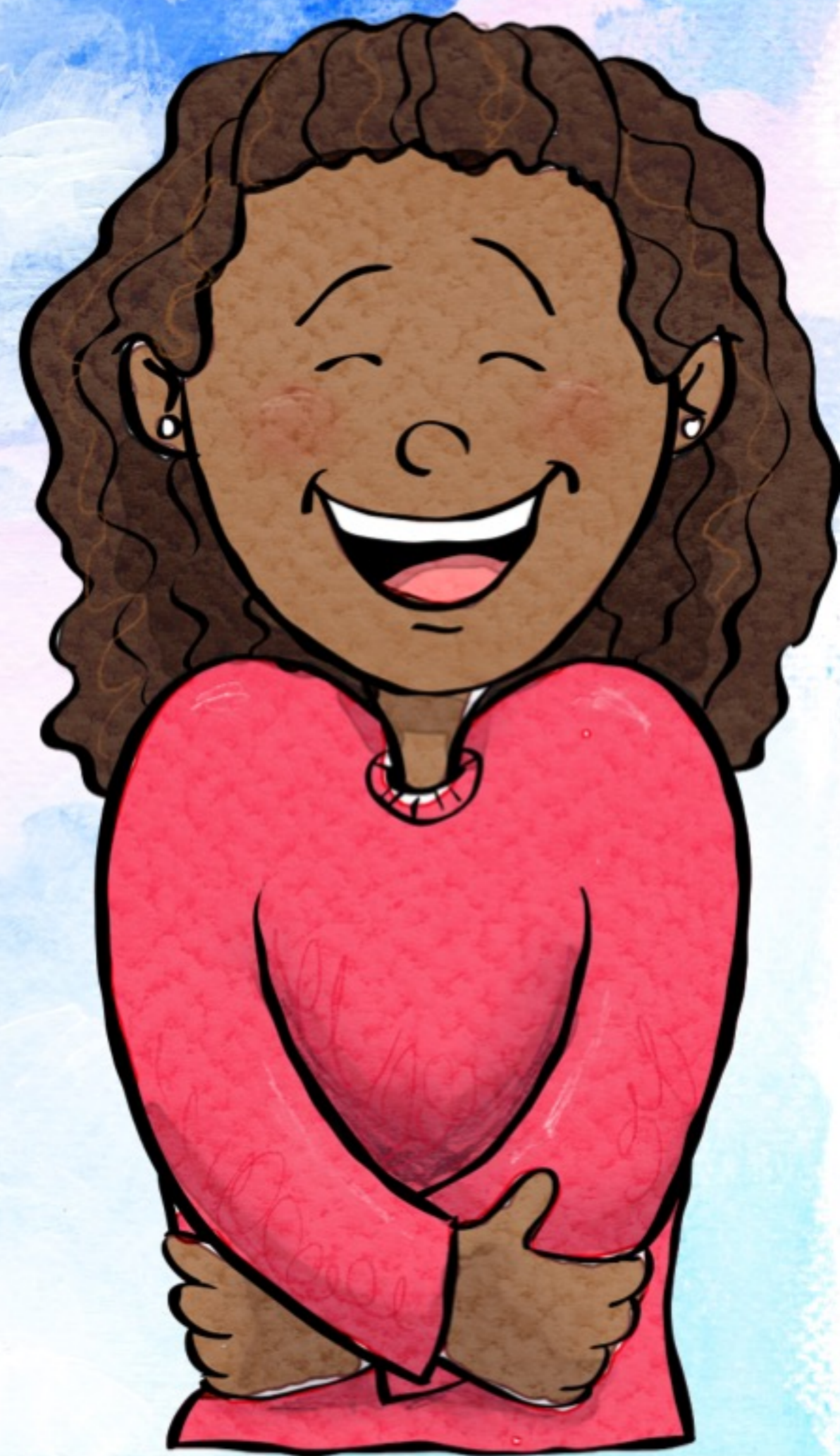


I am firmly planted. I feel my feet rooted to the ground. My back is a strong trunk helping me feel stable in the moment. I feel my toes connecting with the ground. My arms are my branches. I feel them reach out into the world.

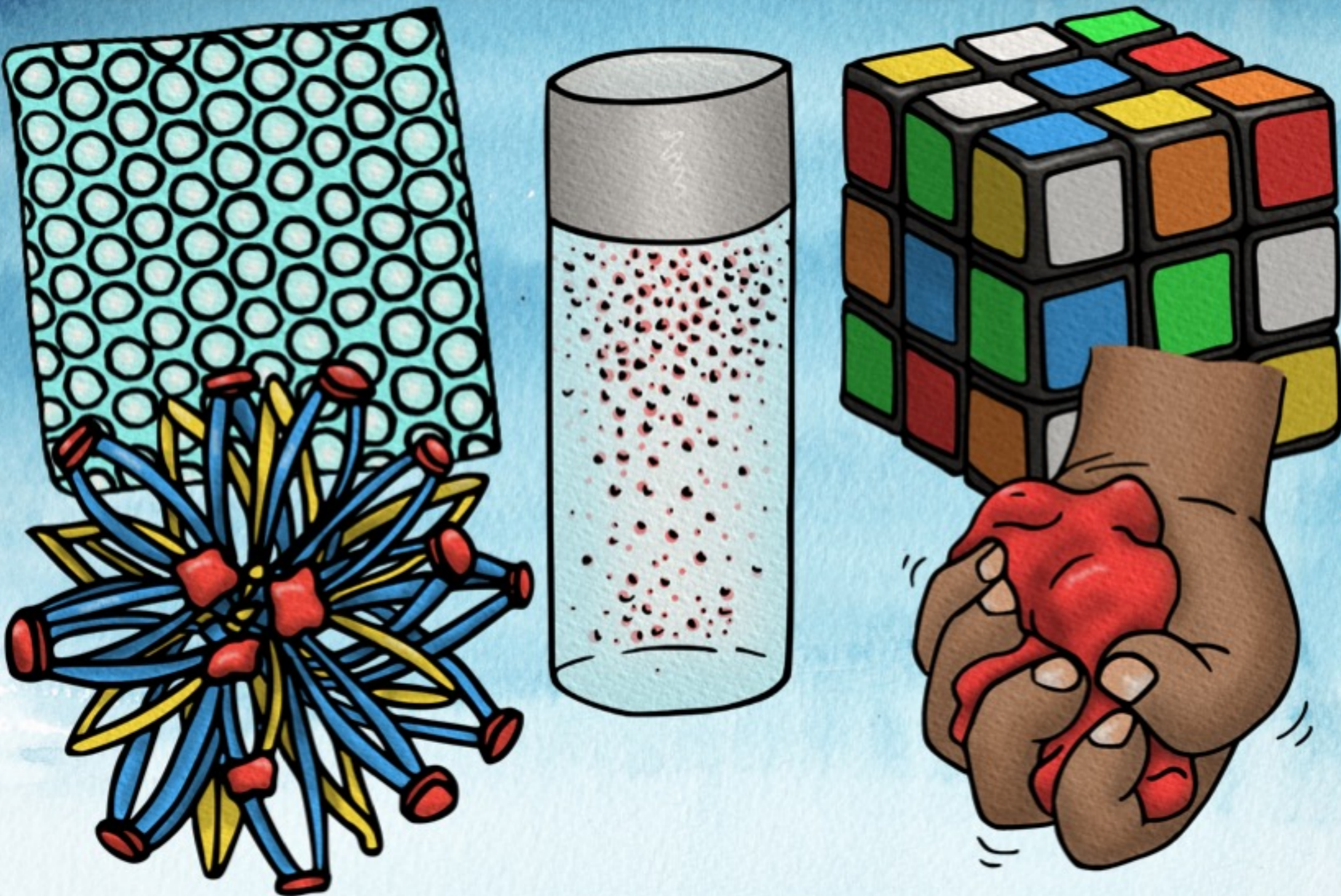
POWER HUG

Tap your left hand on your right shoulder.
Tap your right hand on your left shoulder.
Squeeze yourself in a hug. Affirm yourself by saying, "I am present in this moment" (or create your own affirmation!).

Tap, tap, squeeze, affirm. Tap, tap, squeeze, affirm. Tap, tap, squeeze, affirm.



OBJECT FOCUS



Hold an item in your hand. Put all of your attention on just this one item. Notice everything there is to notice about it. What colors do you see? What textures does the object have? Does it make a sound? How does it feel in your hand? How does it feel if you poke or squeeze it? Notice everything.

I AM HERE



Trace your hand on a piece of paper. Press your hand into the handprint. Notice how your hand feels as you press. Feel your hand connect with the table. With the room. With this moment.

REORIENTATION

Get connected with the here and now. Say and finish these statements:

- My name is...
- I am in...
- Today is...
- The season is...
- The weather is...
- I am wearing...
- I can see...



© 2019 Counselor Keri

STOMP STOMP BLOW

Stomp your left foot.
Stomp your right foot.
Exhale deeply. Feel your foot connect to the ground. Blow away the anxious thoughts.

Stomp, stomp, blow.
Stomp, stomp, blow.
Stomp, stomp, blow.
Stomp, stomp, blow.
Stomp, stomp, blow.
Stomp, stomp, blow.



© 2019 Counselor Keri

ROOM SEARCH

Pick one category and find everything in the room that fits into that category. Here are a few examples:

- Find everything in the room that's green
- Count the bricks on one wall.
- Find all of the squares in the room.



© 2019 Counselor Keri

MY GROUNDING STRATEGIES



© 2019 Counselor Keri

A NOTE FROM COUNSELOR Keri



Fellow counselor,

Thank you so much for your purchase. Everything resource is created with student growth in mind. I hope that this resource will enrich your school counseling program and contribute to your students' development.

I'd love to keep in touch with you via email to share counseling ideas, activities, and exclusive free resources! If you're interested, [join my weekly email group using this link.](#)

If you have any questions about a resource you purchase from my store, please always feel free to email me at counselorkeri@gmail.com! If you want to be the first to know about new products and product updates, be sure to follow me on TpT, and I'd love to connect with you on social media!



Happy counseling!

COUNSELOR Keri

TERMS OF USE

Every resource I create for sale on Teachers Pay Teachers is a true labor of love, and I ask that you follow these guidelines when using the resources that you kindly purchased from my store. Each resource you purchase comes with a single-user license. This means that the resource is intended for use by you. If you have colleagues in your school or department who would like to use the resource as well, you can purchase additional licenses at a discounted price from your "My Purchases" page on Teachers Pay Teachers.

YOU MAY:

Use this resource for your own personal use.

Use this resource with any and all of your students forever.

Copy the contents of this resource for use with your own students.

YOU MAY NOT:

Give this resource to others.

Copy this resource for others to use.

Email this file to others.

Post this file on the Internet for others to access.

Copy or alter this resource in any way to offer to others for free or for sale.

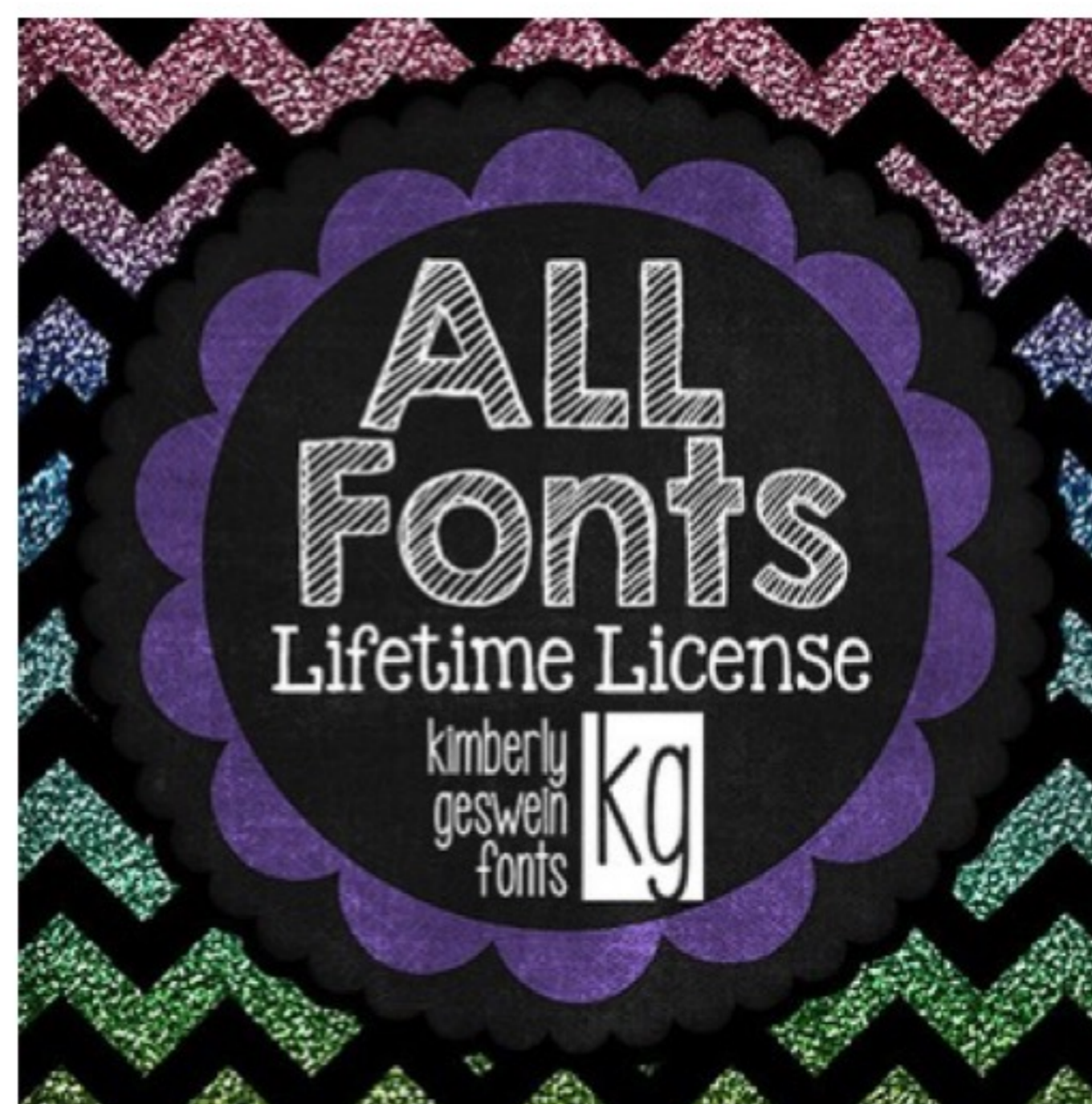
Copyright © Counselor Keri LLC. All rights reserved by author. This product is to be used by the original downloader only. Copying for more than one teacher, classroom, department, school, or school system is prohibited. This product may not be distributed or displayed digitally for public view. Failure to comply is a copyright infringement and a violation of the Digital Millennium Copyright Act (DMCA). Clipart and elements found in this PDF are copyrighted and cannot be extracted and used outside of this file without permission or license. Intended for classroom and personal use ONLY. See product file for clip-art and font credits.

When creating resources for my own use and for Teachers Pay Teachers, I consult reputable sources and publications (such as ASCA, NASP, and NACBT, and Beck Institute) to ensure that my strategies and methods are based in current research practices. However, I cannot guarantee results or outcomes for any individual student or group of students. If you use the data tracking measures that I include in my resources and would like to share this with me for future resource improvements, I'd love to hear from you! counselorkeri@gmail.com

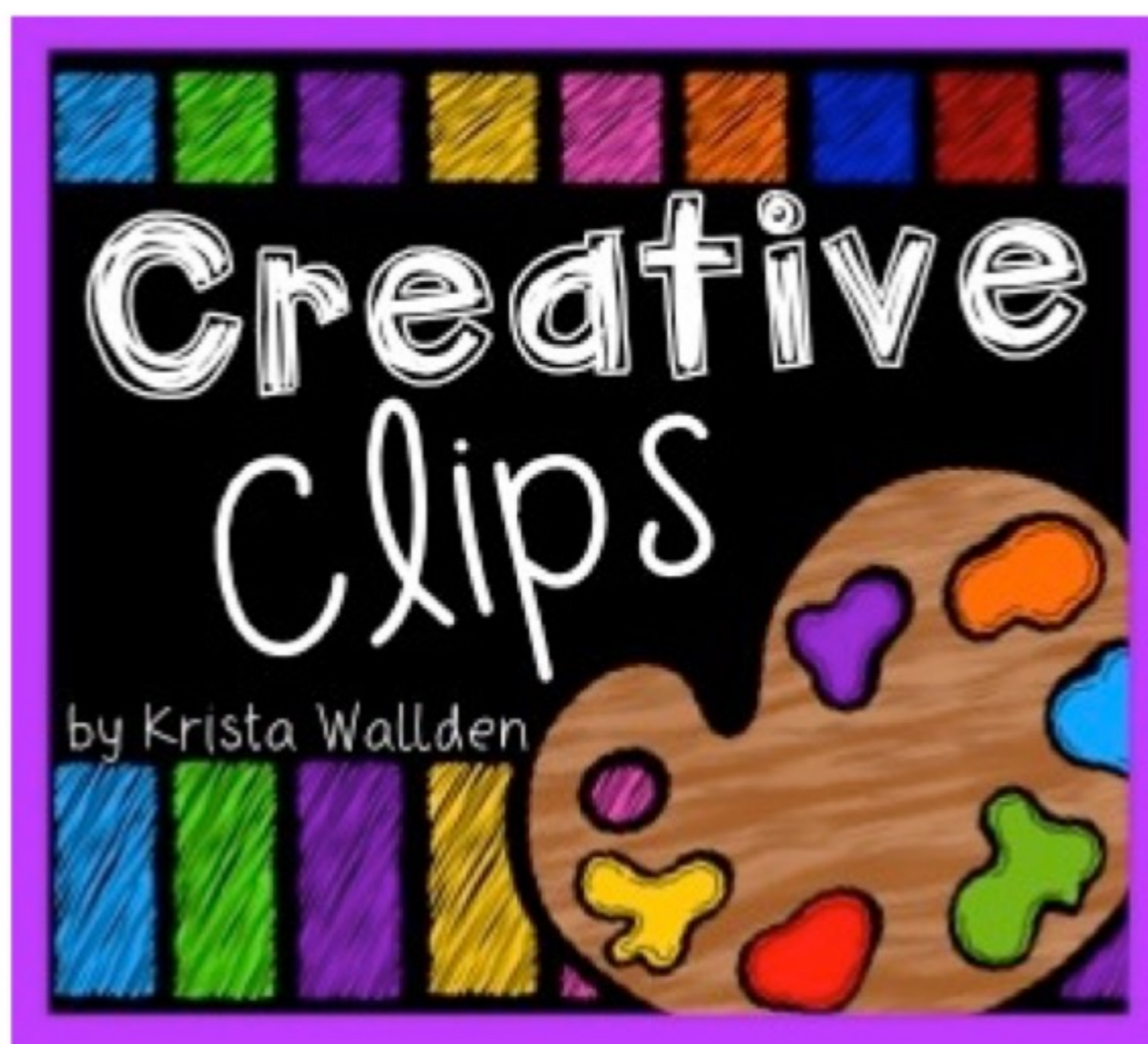
DISCLOSURE STATEMENT

COUNSELOR *Keri*

CLIPART AND FONTS BY:



Commercial Use License



[teachersnotebook.com/shop/Zip-a-Dee-Doo-DahDesigns](http://www.teachersnotebook.com/shop/Zip-a-Dee-Doo-DahDesigns)

<http://www.teachersnotebook.com/shop/Zip-a-Dee-Doo-DahDesigns>