Better Together Grounding Helpers

Today we learned about grounding helpers!



These simple strategies help us bring our "brain balloon" back to the ground when big emotions feel overwhelming.

Key Themes

- We used the metaphor of our brains as balloons floating high up in the sky when our feelings get big.
- Grounding is a way to help our mind stop racing and get back to feeling safe and steady.
- We explored three big categories:
  - Physical Grounding (i.e. shake it off or do a few push-ups)
  - Grounding in the Palm of Your Hand (i.e. 5-finger breathing or squishing a stress ball)
  - Mindful Grounding (i.e. counting backwards from 20 by 2s or visualization)

Keep Growing Those Brains

- Ask your child about what they tried. See if they can teach you a favorite!
- When you feel overwhelmed, try modeling a grounding helper yourself and explain how it helps you feel steady.
- Encourage your child to keep practicing grounding helpers so they're ready to use them whenever needed.

Try It Together

Different days and situations call for different grounding helpers. Feel free to try out other activities from the worksheet together. By practicing grounding helpers, your child can build confidence in calming themselves and refocusing when they need it most.

Quick Guides for Your Family

Get more "Sensory Smarts for Home" in this short video.

Racing thoughts? Try out this grounding practice together.

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