

WAYS TO CALM



Grounding Techniques/Calming Strategies
www.mindingyourmind.org

Grounding Techniques can be helpful when a student is or has recently had a trauma reaction.

Remember: when this happens, their thinking brains are not fully engaged. We need to help students emotionally regulate before problem solving or giving further instruction.



5, 4, 3, 2, 1

**Tell me 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**

Belly Breathing

I want you to pretend your belly is a bowl. Let's practice filling it up with air and then emptying it out. Put one hand on your belly just below your ribs. Take a deep breath in through your nose, and let your belly push your hand out.



Hand Tracing Breathwork

Trace your hand while focusing on your breath. Moving up your thumb, breathe in, moving down your thumb breathe out. Repeat with all your fingers. Take your time.

Sensory Tools

Invite students to use sensory tools.

-Ask them to hold ice cubes and focus only on their hands.

Other tools to keep in the classroom:

-Small weighted blanket, fidget toys, silly-putty/clay, squishies, stress ball, etc.



Mindful Meditation

Invite students to settle into their seats. Bring their attention to any sounds around them, smells or tastes, and physical sensations, such as feeling cool or warm. Then ask students to bring attention to their breath and notice where they feel it in their body. Practice breathing in for a count of 4 and breathing out for a count of 4.