

Tips for Grounding

Breathe Slowly!!!

Colour in a colouring book

TAKE A WALK..... Hold An Ice Cube..... Eat Something!

**REPEAT TODAY'S DATE
AND TIME OUT LOUD**

Whistle..... YELL!!!!!!!!!!!! Sing..... Laugh.....

Create a safe place, in your home or visualised as a safe place you can visit inside

WALK BAREFOOT ON THE CARPET..... Sniff something with a strong smell - Olba's Oil

Write or draw in your journal.....**Talk to someone..... CUDDLE A SOFT TOY**