

Sensory Grounding

Answer these questions either by thinking them to yourself, saying them out loud, or writing them down. If any question is feeling distressing, please skip and move on.

Find an object or item that is cold, like an ice cube or frozen food, and touch it. How does it feel? Can you describe it?

What are you sitting/laying/standing on? What does it feel like? Are you able to touch it? Is it cool? Is it soft? Hard? Really focus on it and describe it if you can.

If you have a fidget toy that you can use, try grabbing it and focusing on how it feels. The textures, and sensations. If you don't have a fidget toy, think of something else you can fidget with. Some examples include: a hair tie, a soft item like a plushie, a bouncy ball, a zipper (like unzipping and zipping up a bag), tissue paper (ripping it can be calming), flipping a coin.

Put your hands in warm or cool water and describe how that feels.

Focus on a scent, whether you spray one or have strongly scented items you can smell. What does it smell like?

Bite into something sweet, sour or otherwise powerfully flavoured and then describe the flavours. Focus on the flavours. Is there a related smell you can describe? (Alternatively, drink something sweet, sour or otherwise powerfully flavoured).

If safe to do so, chew on gum or suck on a hard candy and describe the flavours and textures.

If possible, go outside and focus on the difference in environment when it comes to the air you feel, and the sounds you hear.

Make some fun sounds and focus on how it feels in your throat. Try different sounds and notice how different they feel to make.
