



Grounding Exercise

Time Needed: 15 Min

Materials Needed:

- 5 4 3 2 1 Handout (Below)

Procedures:

1. Explain to students that Grounding Exercises are activities they can engage in that help keep their mind on the present and the here and now and get their minds off of frustrations and worry. They are especially helpful during times of stress and anxiety.
2. Discuss how grounding exercises are coping tools that help us stay resilient. Ruby using grounding exercises when she is stressed or frustrated.
3. An easy grounding exercise is called 5 4 3 2 1. The idea is to keep your mind focused on the task, which is focusing on your current surroundings and therefore keeping you grounded.
4. First, do the activity together as a whole class. Tell students to use the room they are in and, in their heads, name 5 things they can see. Give them time.
5. Then have them state in their heads, 4 things they can feel. These can be sensations on their bodies or things they can touch. Give them time.
6. Then have them state in their heads, 3 things they can hear right now. Give them time.
7. Then have them state in their heads, 2 things they can smell in the room they are in. Give them time.
8. Last, have them state in their heads, 1 thing they can taste right now. Give them time.
9. Use the 5 4 3 2 1 handout and encourage students to do the exercise again, but this time write everything down. You can also tell them to use the handout to do the grounding exercise on their own. Writing each section down is only necessary until they get used to the process, at which point they can do it in their heads, on their own.

Discussion Questions:

1. Why do you think it is important to be Resilient?
2. How do you think grounding exercises help you be Resilient when things are hard?



GROUNDING EXERCISE

Engaging in this activity can help keep your mind on the present and help you get rid of any current stress or worries.

Use this exercise anytime you find yourself worrying about the past or future.

5

What are 5 things you SEE right now?

1. _____
2. _____
3. _____
4. _____
5. _____

4

What are 4 things you HEAR right now?

1. _____
2. _____
3. _____
4. _____

3

What are 3 things you FEEL right now?

1. _____
2. _____
3. _____

2

What are 2 things you SMELL right now?

1. _____
2. _____

1

What is 1 thing you TASTE right now?

1. _____



Resources

Grounding Exercise | TEAMology

[Guided Mindfulness Practice | Kindness in the Classroom](#)
[Attention, Breath, & Body | Kindness in the Classroom](#)

[Resilience Toolkit | Sesame Street in Communities](#)
[Resilience Printables | Sesame Street](#)

[Belly Breathe | Sesame Street](#)
[Learn to Belly Breathe with Rosita | Sesame Street](#)

[Breathe, Think, Do with Sesame Street App](#)
[Breathe, Think, Do](#) (interactive webpage)

[Breathe, Buddy, Breathe! Story Book | Sesame Street](#)

[Make a Mindfulness Jar or Calming Timeout Timer](#)

[Fireflies Musical Yoga for Kids Series](#)

PBS Parents

[Practice Mindfulness With Belly Breathing](#)
[Pressing Pause: How Mindfulness Helps Kids](#)
[Breathing Exercises to Help Calm Young Children](#)
[How Mindfulness Can Help Kids \(and Parents!\) Weather Emotional Storms](#)
[6 Steps to Help Your Child Develop Self-Control Skills](#)
[9 Ways to Help Soothe and Comfort Your Child](#)



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