

3 TIPS FOR EMOTIONAL GROUNDING

Emotional regulation is an essential part of children's socioemotional development. While this skill will take years to master, there are some concrete strategies we can use to help our children calm down and return to the present moment.

1 Breathing

When we take deep breaths our heart beats slower and our muscles relax. Deep breathing signals to our brain that we are at ease!

- 4-7-8 breathing: Inhale slowly for count of 4, hold for 7, exhale for 8. Repeat. You can also use different numbers
- Pretend to blow bubbles
- Smell a flower (inhale) and blow out a birthday candle (exhale)



2 Sensory

Engaging our 5 senses is a great way to step out of our heads and into our bodies in the present moment.

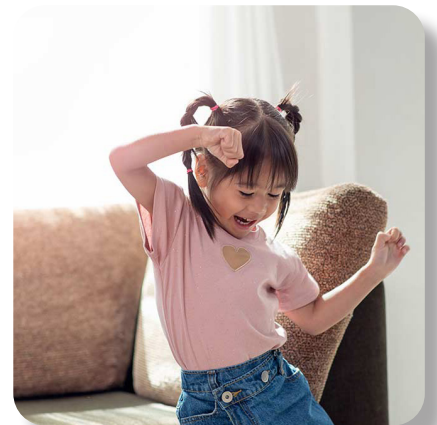
- 5-4-3-2-1: Name (out loud or silently in your head) five things you can *see*, four things you can *feel physically*, three things you can *hear*, two things you can *smell*, and finally just notice the resting taste in your mouth!
- Squeeze something! It can be playdough, a stuffed animal, silly putty, even yourself! Wrap your arms around yourself and give yourself a hug
- Drink a glass of cold water very slowly



3 Movement

Cross-lateral movement helps build the area that connects our left and right brains, and in children and people with trauma, this is often underdeveloped. Any movement where the right side crosses over to the left or the other way around is cross-lateral.

- You can dance, jump, stretch, or play paddy cake. Make the movement your own!



**Connect with us for more information and resources.
We'd love to hear from you!**