



Trauma-Informed Practice (TIP) Grounding Activities for Children and Youth



Grounding activities can help us stay calm and relax when we feel worried or stressed. You can try using these grounding activities or make up your own.

It is important that the person, care provider, parent, teacher, or other who is supporting the child or young person in grounding activities engages to extend and affirm a sense of warm relationship and connection that will support grounding or the self-regulation activity. Restorative approaches to practice, within the TIP approach to grounding, link to the fundamental attachment needs for children and youth. Furthermore, it ensures that relationship-based approaches with the child or youth are recognized within the context of the child or youth's day to day relationships with their teacher, care provider, parent, or adult who may be supporting them to ground.



Hold onto something comforting. Maybe a blanket or stuffed toy.



Walk slowly noticing each footstep, saying "left and "right" with each step.



Name your favourites. What are your 3 favourite colours? Favourite foods? Favourite animals?



Try breathing in and out like ocean waves. Take a deep breath through your nose. As you breathe out through your mouth, make a sound like waves reaching land. Feel the rhythm of your breathing, like ocean waves moving in and out.



Dig your feet into the ground. Pretend you are a tree. Feel rooted and connected to the earth.



Imagine yourself in a familiar, comfortable place. Relax in this safe place.



Try a butterfly hug by crossing your arms (as if giving yourself a hug) and alternately tapping your left and right upper arm. Breathe and gently tap for a minute or 2.



Take 10 breaths. Focus your attention on each breath on the way in and on the way out. Say the number of each breath to yourself as you exhale.