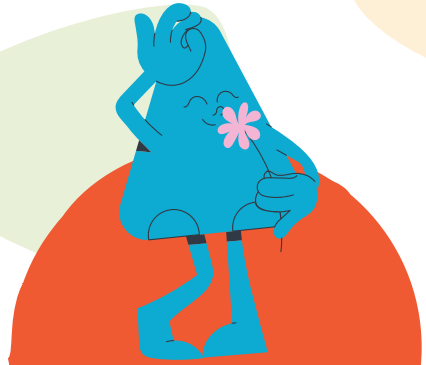
GROUNDING ACTIVITY

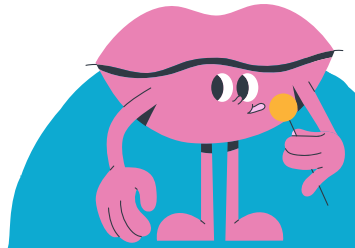
If you are feeling anxious, you can calm yourself by noticing things around you.

SAMH
Scottish Action for Mental Health

The Daily Mile™
children fit for life



1 Smell

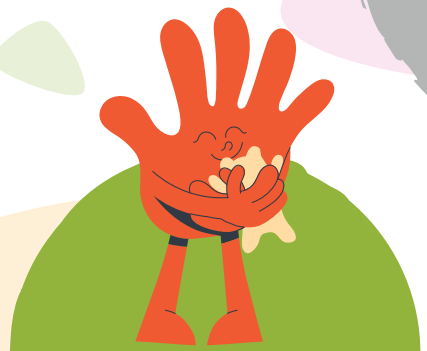


2 Taste



3 See

What can you?...



5 Feel



4 Hear

Tier 3: Grounding Activity

Outcomes:

Curriculum for Excellence: Health and Wellbeing

The national curriculum in England: PSHE

Area of learning and experience: Health and Wellbeing

Personal Develpoment and Mutual understanding

Equipment:
Grounding Activity sheet

Time needed:
5-15 minutes

Participants:
All ages

How to:

1. Hand out Grounding Activity sheets and go through each of the senses.

2. During The Daily Mile children must notice things they can **see, hear, feel, taste, smell.**

3. Once back in the classroom, have a discussion about what the noticed and ask them to fill in the worksheet. If younger children they could draw pictures for things they noticed.

4. Discuss the answers and also remind that this exercise can help take our minds away from worry.

Teacher Tips:

Suggested conversation starters and finishers:

Introduce **the activity by saying:**
"Today we're going to practice using our 5 senses to help us stay calm which can help if we feel worried or overwhelmed. This is called grounding."

Close **the activity by saying**; 'Great job, everyone! Thank you for using your senses and sharing your thoughts. Remember, practicing this fun activity anytime can help us when we feel worried or anxious.'

Other ways to use this activity:

a. **1-2-1 setting**: It can help a child relax at the start of a session or if they lose focus during a 1-2-1 session. It helps calm their mind and get them ready to focus.

b - As a longer group activity: as above

c - Take home activity: The children can try this with people at home, both when they're out and about and when they're in the home. The 5 senses and explanation can be given as a handout or written in their homework books.