



Worksheet 3.9

Grounding, soothing, and regulating cards

<p>Describe my environment</p> <p>Think about all of the senses (see, feel, hear, taste, touch, balance)</p>	<p>Go to my safe place (physical and imaginary) and use my safe place creative reminders</p> <p>Name of my safe place:</p> <p>Safe place cue word:</p> <p>What can I see, smell, do, taste, hear?</p> <p>How do I feel emotionally and physically when in my safe place?</p>
<p>Use and explore my sensory regulating box</p>	<p>Do a... (e.g. puzzle, crossword, drawing)</p> <p>Sort... (e.g. Rubik's cube, papers, buttons)</p>
<p>Remind myself of my safe protective and supportive "person"</p> <p>Name:</p> <p>Description:</p> <p>Qualities:</p>	<p>The things I can smell are... (e.g. lavender, camomile, rosemary, vanilla, etc.)</p> <p>The things I can touch are... (e.g. fluffy material, velvet, silk, bubble wrap, etc.)</p>
<p>Listen to music/play an instrument/sing a song</p> <p>My go-to song is:</p>	<p>Do something pampering (e.g. painting nails, massaging hands, brushing hair/skin, having an aromatherapy bath, using a massaging chair, etc.)</p> <p>I will...</p>



<p>Do some regulating exercises (e.g. drawing, putting weight on my back, swinging, twisting, rocking, crawling, climbing, wrapping myself in a blanket (weighted), etc.)</p> <p>I will...</p>	<p>Make some rhythmic movement (e.g. playing the drums, stamping my feet, dancing, or clapping my hands).</p> <p>I will...</p>
<p>Go for a walk/run/cycle in nature</p>	<p>Interact with animals</p>
<p>Chew or suck something like a sweet, dried fruit, chewing gum, or a chewy bracelet</p>	<p>Wring out/twist/squeeze a wet towel</p>
<p>Play a brain-based game such as...</p>	<p>Do, listen, or watch something that will make me laugh...</p>
<p>Look at positive memories such as photos, cards, or sentimental items (e.g. positive memory treasure box or sparkle moments diary)</p>	<p>Let out a silent scream/find a quiet place to scream/bang a cushion</p>
<p>Run cold water on my face</p>	<p>Do something creative like...</p>



<p>Count to ten or from ten backwards to zero</p>	<p>Do some colouring in, trace a picture, or design a mandala</p>
<p>Imagery and re-scripting</p> <p>When a difficult memory, thought, and/or feeling comes:</p> <p>I will imagine...</p> <p>I will remember...</p> <p>I will tell myself...</p>	<p>My favourite inspirational quotes/sayings/ mottos/songs/movies are</p>
<p>Name it to tame it (Siegel and Bryson, 2011)</p> <p>Name/say out loud how you feel. This feeling can also be drawn, acted out, danced, sculpted, depicted in sand, written about, etc.</p>	<p>Positive self-talk</p> <p>I am...</p> <p>I can...</p> <p>I will...</p> <p>I know...</p> <p>Things are different now because...</p>
<p>Speak to someone who I feel gets me</p> <p>That person is...</p>	<p>???</p>



Do my breathing and relaxation exercises Step 1: Step 2: Step 3: Step 4:	Do my muscle tensing and releasing exercises Step 1: Step 2: Step 3: Step 4:
Do my mindfulness, meditation, yoga, and/or tai chi exercises	Clean, organise, or tidy
Rip, tear, or scrunch up some paper	Give myself an alternating butterfly hug
Blow bubbles, blow feathers, or blow a balloon	Drink from a straw/have a hot drink with some spices like cinnamon and nutmeg
Watch the movement of a lava lamp, a snow globe, fish in an aquarium, a rain stick, or glitter in a bottle	Interact with water (e.g. swimming water play, having a bath, playing with water)
Squeeze using alternating hands, a stress ball, clay, or some Play-Doh Or stretch using a theraband or elastic	Do some physical exercise (e.g. cycling, jogging, dancing, doing star jumps, shaking it out, etc.) I will...