



*Attachment and Trauma Treatment Centre
for Healing (ATTCH)*

*Healing life's hurts through awareness,
compassion, & self-care*

Grounding Techniques for Down Regulation

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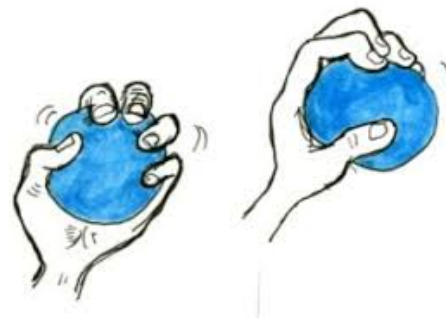
Age Group: Middle Childhood

Supplies: Stress ball, string, smooth stone

Activity: Have the child participate in a sensory experience using easy to hold objects, such as the supplies listed above. Have the child engage in the sensation of touch, and communicate it may feel for them. This object can be carried with them and utilized whenever they feel needed.

Body Awareness: After doing so, draw the child's awareness to how their body feels. Ask them to notice where in their body they feel this. Explain the purpose of this activity and that grounding can be used to calm our body and our mind, as well as helping reengage with ourselves and the environment.

Purpose: Grounding for down regulation can assist with calming a child down who is experiencing a higher energy. When a child moves from experiencing numbness to being embodied, this can be triggering; when completing grounding techniques, it is important to remember not to overwork one's senses (which can be done through strong scents).



Quality trauma and attachment assessment, treatment, & evidence-based training

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