



*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: Adolescence

Supplies: Stress ball, smooth rock, string, music, paper, colouring utensils

Activity: You can have an adolescent engage in a sensory experience by holding object or you can complete verbal grounding by having the adolescent listening to simple mentally stimulating information (such as days of the week, months of the year, animals, etc.), listen to music. You can also have the adolescent write, or draw, or take a moment to observe what they see, hear, and feel around them (in regards to physical sensations).

Body Awareness: After doing so, bring the adolescent'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 an adolescent down who is experiencing a higher energy.



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

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