



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

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

[Grounding Techniques for Up Regulation](#)

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Age Group: Middle Childhood

Activity: Using the child's current surroundings, have them name ten objects they see around them. This allows for the child to tune into his/her surroundings.

Body Awareness: After doing so, draw the child's awareness to how their body feels (they may need prompts – excited, happy, angry, nervous, relaxed, tired etc.). Ask them to notice where in their body they feel this. Explain the purpose of this activity.

Purpose: Up-regulation assists with increasing positive emotions, and repairing the negative emotions/moods that a client can be experiencing. Up-regulation has a regulating impact on the body but 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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