



Grounding Activities for Children

Name the Animals

A fun way to distract the mind and engage imagination.

How to use: Look around and name all the animals you can think of—or find shapes that look like animals in the room.

Therapeutic purpose: Encourages creativity while shifting focus away from distressing thoughts.

Superhero Pose

Power posing builds confidence and self-regulation.

How to use: Stand tall with hands on hips and chest out like a superhero. Take slow deep breaths while imagining being strong and brave.

Therapeutic purpose: Boosts confidence and calms the body through posture and breath.

Favorite Color Breathing

Combines visualization with breathing to relax.

How to use: Imagine breathing in your favorite color and filling your body with that light. Breathe out slowly, releasing any yucky feelings.

Therapeutic purpose: Improves emotional regulation and focus.

Counting Game

A quick grounding activity to redirect attention.

How to use: Count how many blue or red things are in the room, or count backward from 20 together.

Therapeutic purpose: Refocuses attention and improves concentration.

Magic Touch

Encourages sensory awareness and calm.

How to use: Find something soft, rough, smooth, or squishy. Describe how it feels out loud.

Therapeutic purpose: Promotes self-soothing and sensory grounding.

Reboot Your Brain Counseling

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