



Grounding Activities for Teens

Color Hunt

A quick way to re-focus when feeling anxious or overwhelmed.

How to use: Look around and identify five things that are your favorite color. Say them out loud or write them down.

Therapeutic purpose: Engages attention and distracts from racing thoughts.

Music Reset

Music can change mood and regulate emotions.

How to use: Choose a song that matches or shifts your current mood. Close your eyes, listen closely to the lyrics, rhythm, and instruments.

Therapeutic purpose: Helps teens process emotions and self-regulate through auditory grounding.

Breathing with Count

Also known as box breathing, this exercise helps balance the body's stress response.

How to use: Inhale for 4 counts, hold for 4, exhale for 4, hold for 4. Repeat five times.

Therapeutic purpose: Improves focus, lowers heart rate, and reduces anxiety.

Grounding Object

Having a sensory object can bring comfort during stressful moments.

How to use: Keep a small object like a stress ball, crystal, or smooth stone in your pocket. Focus on its shape, weight, and temperature when anxious.

Therapeutic purpose: Creates a physical connection to the present and provides a sense of control.

Positive Memory Flashback

A visualization tool to replace negative thoughts with positive emotional memories.

How to use: Close your eyes and imagine a time you felt loved, proud, or accomplished. Picture it vividly and breathe slowly.

Therapeutic purpose: Boosts self-esteem and reduces emotional distress.

Reboot Your Brain Counseling

www.rebootyourbraincounseling.com | liza.whiteLMHC@gmail.com | 502-599-4747