

# Grounding Cards

*For Child-Serving Professionals*

## Ground Your Senses



Notice and name:

**5** things you can **see**

**4** things you can **touch**

**3** things you can **hear**

**2** things you can **smell**

**1** thing you can **taste**

## Feet on the Floor



Press both feet firmly into the ground. Feel the support beneath you.

## Name What You Feel



Identify 3 emotions you feel right now. Just notice them without judgment.

## Body Scan

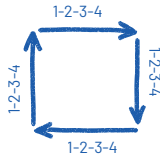


Close your eyes and slowly notice how your body feels from head to toe. Release tension where you notice it.

# Breathing Cards

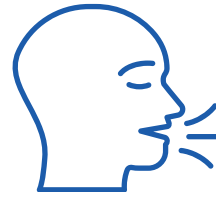
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## Box Breathing



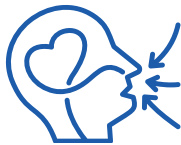
Inhale for 4 counts...  
Hold for 4...  
Exhale for 4...  
Hold for 4...  
Repeat 3 times.

## Slow Exhale



Inhale for 4...Exhale for 6...  
Focus on letting tension leave  
your body.

## 3 Deep Breaths



Take three deep breaths,  
breathing in fully through your  
nose and out through your mouth.  
Notice your chest and shoulders  
relaxing.

## Counting the Breath



Inhale 1...2...3...4  
Exhale 1...2...3...4  
Repeat until you feel calmer.

# Affirmation Cards

## *For Child-Serving Professionals*

I am doing meaningful work, even when it's hard.



It's okay to pause and take care of myself.



I notice my feelings and give myself compassion.



It's okay to ask for help and seek support when I need it.

