



Worksheet 3.9

Grounding, soothing, and regulating cards

Describe my environment Think about all of the senses (see, feel, hear, taste, touch, balance)	Go to my safe place (physical and imaginary) and use my safe place creative reminders Name of my safe place: Safe place cue word: What can I see, smell, do, taste, hear? How do I feel emotionally and physically when in my safe place?
Use and explore my sensory regulating box	Do a... (e.g. puzzle, crossword, drawing) Sort... (e.g. Rubik's cube, papers, buttons)
Remind myself of my safe protective and supportive "person" Name: Description: Qualities:	The things I can smell are... (e.g. lavender, camomile, rosemary, vanilla, etc.) The things I can touch are... (e.g. fluffy material, velvet, silk, bubble wrap, etc.)
Listen to music/play an instrument/sing a song My go-to song is:	Do something pampering (e.g. painting nails, massaging hands, brushing hair/skin, having an aromatherapy bath, using a massaging chair, etc.) I will...



Do my breathing and relaxation exercises Step 1: Step 2: Step 3: Step 4:	Do my muscle tensing and releasing exercises Step 1: Step 2: Step 3: Step 4:
Do my mindfulness, meditation, yoga, and/or tai chi exercises	Clean, organise, or tidy
Rip, tear, or scrunch up some paper	Give myself an alternating butterfly hug
Blow bubbles, blow feathers, or blow a balloon	Drink from a straw/have a hot drink with some spices like cinnamon and nutmeg
Watch the movement of a lava lamp, a snow globe, fish in an aquarium, a rain stick, or glitter in a bottle	Interact with water (e.g. swimming water play, having a bath, playing with water)
Squeeze using alternating hands, a stress ball, clay, or some Play-Doh Or stretch using a theraband or elastic	Do some physical exercise (e.g. cycling, jogging, dancing, doing star jumps, shaking it out, etc.) I will...



Do some regulating exercises (e.g. drawing, putting weight on my back, swinging, twisting, rocking, crawling, climbing, wrapping myself in a blanket (weighted), etc.) I will...	Make some rhythmic movement (e.g. playing the drums, stamping my feet, dancing, or clapping my hands). I will...
Go for a walk/run/cycle in nature	Interact with animals
Chew or suck something like a sweet, dried fruit, chewing gum, or a chewy bracelet	Wring out/twist/squeeze a wet towel
Play a brain-based game such as...	Do, listen, or watch something that will make me laugh...
Look at positive memories such as photos, cards, or sentimental items (e.g. positive memory treasure box or sparkle moments diary)	Let out a silent scream/find a quiet place to scream/bang a cushion
Run cold water on my face	Do something creative like...



Count to ten or from ten backwards to zero	Do some colouring in, trace a picture, or design a mandala
Imagery and re-scripting When a difficult memory, thought, and/or feeling comes: I will imagine... I will remember... I will tell myself...	My favourite inspirational quotes/sayings/ mottos/songs/movies are
Name it to tame it (Siegel and Bryson, 2011) Name/say out loud how you feel. This feeling can also be drawn, acted out, danced, sculpted, depicted in sand, written about, etc.	Positive self-talk I am... I can... I will... I know... Things are different now because...
Speak to someone who I feel gets me That person is...	???