

Getting Grounded

Wondering how to de-escalate the situation before, during or after someone blows up? Both for the kids & for us.

Think along lines of your senses:

- Go outside for fresh air
- hum a tune
- close your eye and listen for the quietest sound
- use one hand to rub the palm of your other one
- smelling spices / essential oils
- suck on a mint (and don't talk until it has dissolved!)
- imagine being a super hero and putting your hand over your heart (or on pulse), close your eyes and see yourself having the power of slowing down your heart rate
- do a cartwheel a somersault, or rock side to side
- close your eyes & pretend you are dreaming and move your eyes rapidly back and forth
- use your hands to rub your knees or elbows
- use your tongue to count your teeth
- cup your hands over your mouth to breathe like darth vader
- lie flat on the ground and imagine your bones melting into the floor
- sing the alphabet backwards
- close your eyes—be an elephant, be a mouse, be an elephant, be a mouse, all without moving or making a sound
- find your feelings in your body—are you overwhelmed? Where does it show up? In your throat? on your chest? In your belly? Travel to that place and sit with the emotion and let it know you are there, with it. But also see that the emotion isn't everywhere in your body. No matter how big the feeling, it is never bigger than you are.