

## WHAT IS IT?

A grounding technique is a method used to help individuals bring their focus back to what is currently happening to them or their environment at the moment. This grounding technique helps provide the individual with the opportunity to use their five senses to refocus. The technique can be applied virtually or in person and with any age group.

## IMPACT?

Providing the opportunity for students to become centered in their learning environment is crucial to academic success. This technique can be used to help students deal with anxiety and focus on specific tasks in your classroom. Ultimately this skill can be taught and applied by students as they work through their own anxiety.



# Grounding Technique

**PROMISING  
PRACTICES**



Office of the Maricopa County  
**School Superintendent**  
*Steve Watson*

## TO LEARN MORE ABOUT THIS RESOURCE:

<https://www.urmc.rochester.edu/behavioral-health-partners/bhp-blog/april-2018/5-4-3-2-1-coping-technique-for-anxiety.aspx>