



FaithWorks Counseling

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Grounding Exercises for ADHD Kids

These grounding exercises are short, fun, and easy to remember. Use them at school, at home, or while playing sports when focus or calming is needed.

1. 5-4-3-2-1 Senses Game

Be a detective! Look around and find:

- 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 (or imagine a favorite taste)

2. Animal Breathing

Try fun animal breaths:

- Bunny Breaths: Sniff in 3 quick times, blow out once.
- Dragon Breaths: Deep breath in, blow out like fire.
- Snake Breaths: Breathe in, then hiss out slowly.

3. Push–Pull–Squeeze

- Push your hands against the wall for 10 seconds, then relax.
- Pretend to pull a big rubber band apart with your hands.
- Squeeze fists or hug a pillow tight, then let go.

4. Tree Roots (Grounding with Feet)

Stand tall and push your feet into the floor.

Pretend you're a tree with strong roots.

Rock heel-to-toe and side-to-side slowly.

5. Color Hunt

Pick a color of the day.

Find 3 things in the room that are that color.

You can also try shapes, numbers, or letters.

6. Texture Grab Bag

Put small objects in a bag (cotton ball, coin, LEGO, paper clip).

Take one out and describe how it feels in your hand.

7. Movement Reset

Do a quick movement break:

- 10 jumping jacks
- 5 wall push-ups
- A silly dance

Then stop and notice how your body feels.

TIP: Keep exercises short (1–3 minutes), give clear directions, and use visuals or cards to remind them of options. ADHD kids respond best when grounding is active, sensory-based, and playful rather than purely verbal.