

QUICK ACCESS GROUNDING KIT

A grounding kit is full of things that can quickly engage your 5 senses and help you remain focused on the present moment.

- Toothbrush or something else with an interesting texture
- Playdoh
- Rubix cube
- Music
- Something to encourage balance (to balance on or balance on your finger)
- Essential Oils (Peppermint for the cooling sensation, citrus to uplift, lavender to relax)
- A favorite lotion
- War heads, lemon heads or other candy with intense flavor
- A rock from a favorite place in nature
- A seashell or other item to observe/look at

