Feet on the Floor
Grounding Sheet

Feet on the Floor is a way to help you feel calm when you are upset. It helps you feel steady and safe!
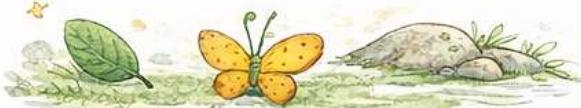
Follow these steps:

Feel your feet on the floor

1. Sit down in a chair with your hands in your lap.

2. Place both feet flat on the floor.

3. Take some slow, deep breaths in and out...

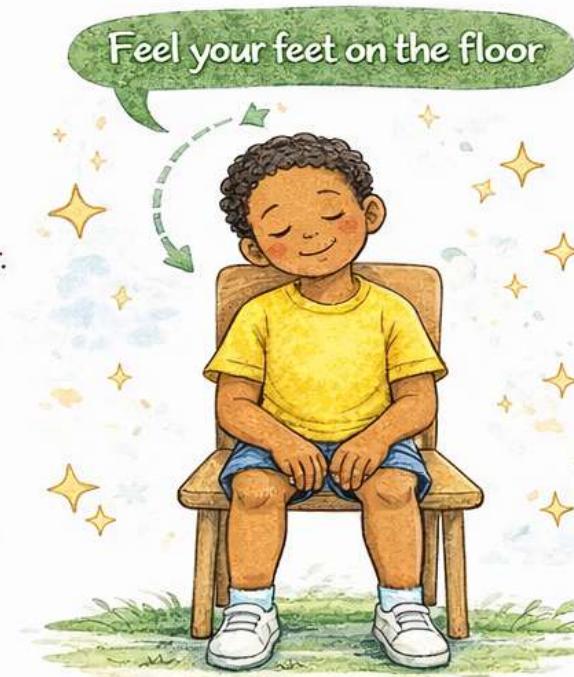   *Breathe in....*

4. Look around and notice:

   3. 3 things you can **see**...

   3 things you can see...

   2 things you can **feel**...

   1 thing you can hear...

✦ Feet on the Floor grounding makes me feel: ✦

_____   _____   _____