

# Teach These Children

## Fivefold enrichment



## Grounding

Overstimulation can be difficult, even traumatizing for some children. Learning how to self-regulate is an important part of healthy growth and development. Sensory-friendly activities can be extremely beneficial, especially for young children who need regular calming routines.

### Activity

The process of “grounding”, is to have your bare feet come in contact with the grass, sand or dirt. This process has been shown to calm, decrease inflammation, pain and stress. When children are exposed to this early on, grounding or “earthing” becomes natural. Older children or those from more urban home environments might find this activity odd or uncomfortable. If this is the case, you can begin with a slow exposure. Pack up a blanket and head to the park. Once you are there you and your child can kick off your shoes and socks while sitting on the blanket. You can begin to take baby steps until they begin to be comfortable experiencing nature at their feet. Younger children should regularly be exposed to these types of experiences. Having play clothes and a designated way to come in the house (with dirty clothes or feet) can decrease your stress by providing a sense of order. For more sensory activities try letting your little ones play outside during a sun shower, make mud pies or even just planting with their hands. Indoor activities include shaving cream on tables, rice bins or water beads. Each has a calming effect on the mind and body. These practices help children make powerful connections about their needs and ways to appropriately respond.

### TIPS

If you are homeschooling, try keeping a sensory bins handy for a quick break.



**Child's belief about self...**

I am capable

**Family supports development of...**

Habits

**Focus area:**  
Sensory

### GOAL

Teach your child to self regulate by exposing them to multi sensory activities.

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Level