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Grounding Kits

Things to Include in Coping/ Grounding Kit

Item	Cost	Source
Smooth Stones	Free	Found in nature
Written Affirmations	Free	Homemade
Textured Fabrics	\$1-\$3	Craft stores, fabric shops
Essential Oils	\$5-\$10	Health stores, online retailers
Small Picture Frames	\$3-\$5	Dollar stores, discount stores
Stress Balls	\$3-\$5	Toy stores, online retailers
Scented Sachets	Free-\$2	Homemade, craft stores
Calm-Down Jars	\$5-10	Homemade, online retailers
Earbuds	\$5-\$10	Electronic stores, online retailers
Bubbles	\$1-\$3	Toy stores, dollar stores

Nature

Smooth Stones or Pebbles

- Can be held to focus on texture and temperature.

Leaves or Flowers

- Smell them or observe their colors and patterns.

Shells

Homemade

Written Affirmations

Sensory Bag

- Fill a small bag with rice or beans for a tactile experience.

DIY Stress Ball

- Fill a balloon with flour or rice and tie it securely

Homemade Scented Sachets

- Fill small fabric pouches with dried lavender or other herbs

Buy

Textured Fabrics

- Small pieces of fabric with different textures (e.g., velvet, silk).

Small Notebooks

- Use for journaling or writing down grounding techniques.

Tea Bags

- Choose soothing herbal teas to engage your sense of smell and taste.

Candles

- Select a calming scent to help you relax.

Bubbles

- Blowing bubbles can be a fun and calming activity.

Essential Oils

- Lavender, peppermint, or eucalyptus can be very calming.

Stress Balls or Fidget Toys

Small Picture Frames

- Include pictures of loved ones or serene landscapes.

Calm-Down Jars

- Purchase or make jars filled with glitter and water to shake and watch the glitter settle.

Earbuds or Small Headphones

- Use them to listen to calming music or nature sounds.

Tips for Using Your Grounding Kit

- **Accessibility:** Keep your grounding kit in an easily accessible place so you can use it whenever you need to feel grounded.
- **Personalization:** Customize your kit with items that have personal significance and bring you comfort.
- **Regular Use:** Practice using your grounding kit regularly to familiarize yourself with the items and techniques.