



Sound, Scent, and
Stone Wellness

My High Five Super Reset

A child's active grounding method

The Science of the High-Five: This method utilizes a clinical technique known as Sensory Orientation.

Developed by mental health professionals to interrupt high-alert states, it works by physically signaling the Vagus Nerve that the environment is safe. By shifting focus from internal distress to external sensory facts, the brain moves out of the Survival Brain (Fight/Flight) and back into the Thinking Brain (Regulation). This is a foundational tool for building long-term Vagal Tone and emotional autonomy.

Did You Know?

Engaging your senses, specifically sight and touch, tells your brainstem that there is no immediate danger, allowing your heart rate to slow down naturally in under 60 seconds.

My High-Five Super Reset



I am safe. I am here. I am in charge of my body.

My High-Five Super Reset

Caregiver Instructions

This exercise uses Proprioceptive Input and Sensory Orientation to pull a child's nervous system out of a High-Alert state and back into the Social Engagement state.

How to Lead the Reset:

- Co-Regulate First: Before starting, check your own Internal Weather. If you are dysregulated, the child will mirror you. Take one deep breath.
- Low and Slow: Speak in a calm, melodic tone. This signals safety to the child's brainstem.
- No Right Answers: This isn't a test. If they can't smell two things, ask them what their favorite smell is. The goal is focus, not accuracy.
- The Heel Press Anchor: For older children (8-11), have them press their heels into the floor while they do the High-Five for added grounding.
- 5 (Thumb): EYES. List 5 things you see right now. (Color, a toy, a cloud...)
- 4 (Pointer): TOUCH. List 4 things you can feel. (Your socks, the chair, your own hand...)
- 3 (Middle): EARS. List 3 things you can hear. (A bird, a fan, your breath...)
- 2 (Ring): NOSE. List 2 things you can smell. (Lunch, a flower, your shirt...)
- 1 (Pinky): TASTE. List 1 thing you can taste. (Water, toothpaste, a snack...)