



# Grounding

## A resource for students and their parents / caregivers

Grounding exercises can up or down regulate depending on your need and support you to feel safer to let go of physical and emotional tension. The key is to practise them regularly not only as a response to stress but as a regular practise so the body can be supported in learning what to do.

Grounding is a powerful practise that can help individuals reclaim their sense of felt safety, feel rooted in the present moment, support emotional overwhelm and strengthen general resilience in the autonomic nervous system.

### Simple Gounding Exercise

Find your Ground - Take a moment to get comfortable...and feel your...

- Feet on the ground.
- Seat in the chair.
- Back against the back of the chair.
- Hands wherever they might be resting.
- Check your breath.....If it feels ok take some time to slowly move your neck and look around allowing things to come to your eyes (orienting) or notice what you can touch, smell or taste (orienting with the senses).

Parents and adolescents can open up conversations to share what shifts they may have noticed in the way they feel.





## Alternative Grounding Exercises Utilising Imagery

1. Find a standing position with your feet set just wider than your hips, so that you can feel your legs supporting you. Gently bend to your knees so the joints of your legs are not locked or braced. Begin to shift your weight from side to side, so you can sense the weight of your body in your legs. Take some time to sense and feel your feet on the ground beneath you.
2. Imagine that you have roots that extend downward through your hips, legs and feet into the dark, rich soil. See if you can stay with this image for several breaths as you exhale into the ground beneath you. What kind of tree roots would you have? Trees are known to support each other through their root network by providing nutrients they need to each other from the rich soil.
3. Amplify your experience by finding a safe outdoor space where you can place your bare feet on the earth (optional). Wiggle your toes and move your feet by pressing them down into the earth. Notice the temperature and textures of the earth below you.
4. Whether practising indoors or outside, take some time to notice what you feel in your body now. Write, draw or share your experiences with someone to support them to be felt as an anchor of safety when you need support. The body needs practise to start being familiar with the feeling of being grounded.

You can do this regularly with a friend, family member or by yourself. You may have your own imagery that you feel supports you more.

### References:

These exercises have been adapted from the teachings of Dr Maggie Klien and Dr Arielle Schwartz.