



Grounding Like A Tree

- Stand like your favorite tree, imagine the trunk of your tree. Stand in the way you would like to stand paying attention to the trunk of your body. Notice the sensations.
- Bring your attention to your feet and imagine the roots growing into the earth. Pay attention to how the roots are going into the earth. Notice the sensations.
- Imagine the branches of your tree as you move your arms. Move the branches of your tree.
- Notice the sensations.
- Imagine what the tree would feel like on the inside when you imagine yourself being your favorite tree. Notice the sensations.
- Bring attention to your whole body and move in any way you would like, being aware of what happens on the inside. Notice the sensations.
- Pay attention to the sensations that are pleasant or neutral and notice what happens next.

If at any time the exercise is uncomfortable, you are invited to stop.

Children can ground while playing with playdough, sand play, listening to music or when moving. This can bring them to present moment awareness.