

Quick Grounding Assessment

Ask your student **“Where are your feet?”** If they can look at you and point to their feet, they are more likely to be feeling grounded and ready to learn.



Become a Tree

1. Pretend you are becoming your favorite type of tree and share why it is your favorite. (*ex. Bamboo, because it is tall and resilient!*)
2. Plant your tree deep in the ground and “grow your branches” by standing tall, lifting your arms in the air and breathing deeply.
3. Encourage your student to do the same, and notice details: How does your breath feel when it enters your nose? Where does your breath go? Is it cool or warm? What sensations do you notice? There are no right or wrong answers.



Simple Centering

1. Have students stand and sense the soles of their feet on the floor. Next, have them bend their knees slightly.
2. Have students sway from one foot to another and notice the sense of becoming “off balance” then finding their center of gravity.
3. Have students name how they feel as they move into each position.
4. *Option:* Have students move weight from front to back rather than side to side. Repeat step 3.



Take “Time In” (upper grades)

1. Take a moment to get comfortable in a seat. Ask your student to do the same. Then, ask them to check in with their breath.
2. Offer for your student to close their eyes or simply gaze down and feel their:
 - a. *Feet (on the ground)*
 - b. *Seat (in the chair)*
 - c. *Back (against the chair or wall)*
 - d. *Hands (wherever they are resting)*
3. Now, ask them to check in with their breath again, take some time to look around and find something to look at that makes them feel good.
4. When the activity is over, ask students to share how the experience felt out loud. Ask whether they noticed shifts throughout.

4 Finger Calm

1. On each hand, ask student to press their thumb against each other finger one at a time.
2. Create a 4-syllable sentence/phrase, such as “I am ok” or “This room is safe” to chant their thumb touches each finger.
3. Take a deep inhale and exhale after each time.
4. Repeat 4 times.



Sevens (upper grades)

1. Begins by patting your hands on your thighs 7 times while counting 1,2,3,4,5,6,7 aloud.
2. Ask your student to repeat this movement while counting out loud
3. Then, create a new 7-beat pattern, such as clap-snap-clap-snap-clap-snap-clap.
4. Have the student repeat the new pattern, and again, create a different 7-beat pattern.
5. Continue for several rounds.



Butterfly Hugs

1. Ask the student to cross hands over their chest and gently tap on their shoulders in a rhythmic fashion so that they look like a butterfly gently flapping their wings (visual attached) This activity works by stimulating both sides of the brain to induce calm through repetitive tapping and is great to use in moments when students become anxious or overstimulated.



5 Senses Grounding

1. Ask your student to use all of their external senses to find the following:
 - a. FIVE things you see around you.
 - b. FOUR things you can touch around you.
 - c. THREE things you hear.
 - d. TWO things you can smell.
 - e. ONE thing you can taste.



Object Focus (upper grades)

1. Offer the student a choice of a few different fidget tools. These could be sensory items, colorful rocks, or something else.
2. Have your student hold the item they chose in their hands and focus on it.
3. Ask the student to notice the color and texture. How does it feel in your hand? How does it feel when you squeeze it? There are no right or wrong answers.



Spaghetti Body

1. Ask your student to stand, and make their body look like uncooked spaghetti (tight, straight, tense and unmoving)
2. Then, ask your student to describe how this feels. Explain to the student that often when we have big emotions like anger, we are like uncooked spaghetti.
3. Now, ask students to pretend that they are cooked spaghetti in warm water (soft, wiggly, relaxed)
4. Again, ask students how this feels. Explain that when we feel calm and safe, we are like uncooked spaghetti. Now practice tensing and releasing in other ways (with hands or scrunching your face and repeat a few times to help students learn to relax muscles.)



