

Additional Grounding Exercises

Grounding is a way to help kids be grounded in the moment, useful when potentially stirring up emotions and memories that cause distress

Although the Lost & Found Curriculum specifies certain suggested activities, you may opt to sub in different ones based on your group's age or needs. Here are some alternatives.

- 1. Stomp, Stomp, Blow:** This is a fun, active exercise that younger kids might enjoy. Have them stand and, as a group, stomp their left foot, stomp their right foot, and then exhale deeply. Continue this pattern. Encourage them to feel the floor beneath their feet with each stomp and, as they exhale, blow away any thoughts and feelings that are distressing them.
- 2. What Do We See?:** Pick a category (e.g. things that are green, things that are round) and instruct the children to each look around the room, saying all the green things inside their head. Be sure to reinforce that this is a silent activity, with each person naming things to themselves.
- 3. Deep breathing exercises:**
 - Breathe in and imagine a wave rolling in, breathe out and imagine the wave rolling out.
 - Pretend your belly is a balloon. Breathe in and make the balloon bigger, then breathe out and make the balloon shrink.
- 4. Stretching:** If everyone in the group is able, do a series of simple stretches. Have the kids bend over and dangle their arms like a rag doll, then reach up to the sky. Bend left and right, and stretch out your "writing wrists."