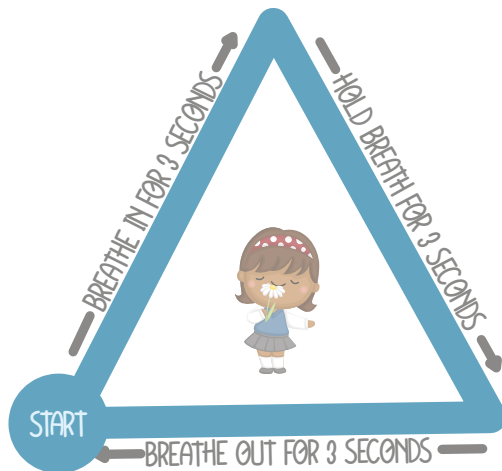
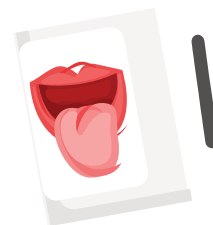
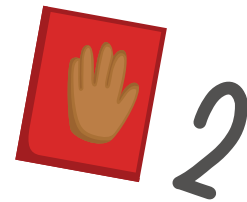
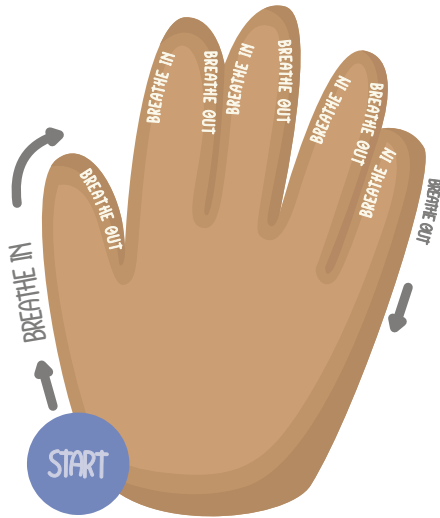


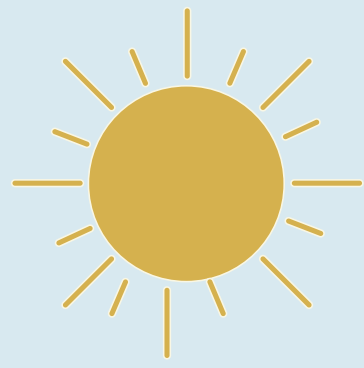
# Grounding Activities

TO PROMOTE MINDFULNESS AND CALM WITHIN THE CLASSROOM



Many Voices, One Mind - Resources

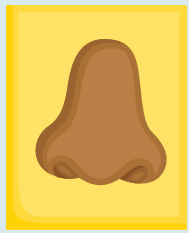
# Grounding Activity



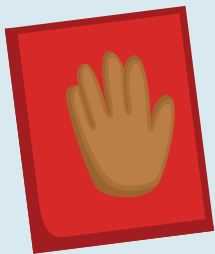
5 THINGS YOU CAN HEAR



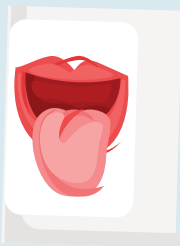
4 THINGS YOU CAN SEE



3 THINGS YOU CAN SMELL



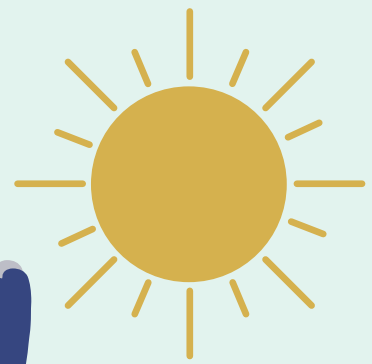
2 THINGS YOU CAN TOUCH



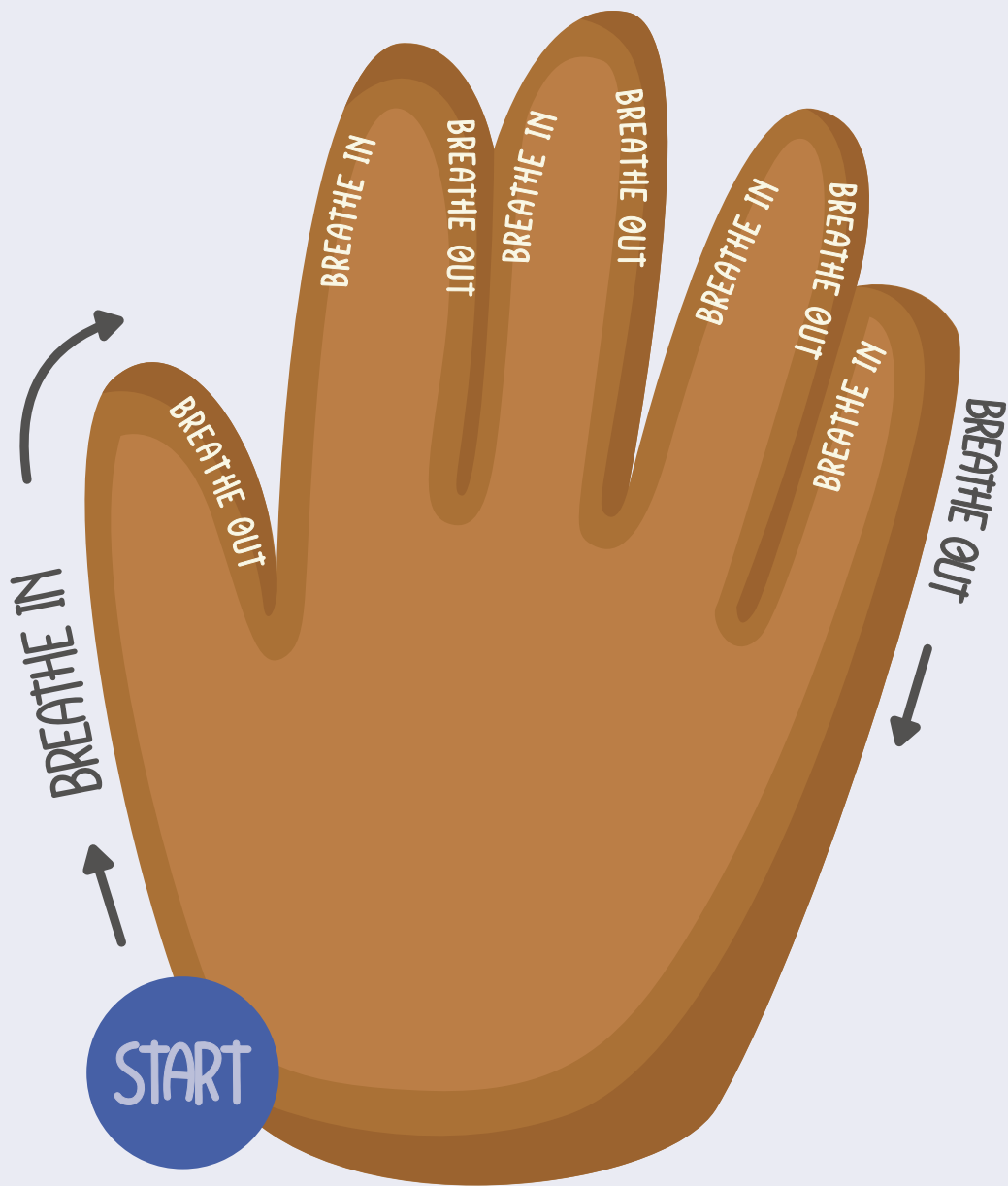
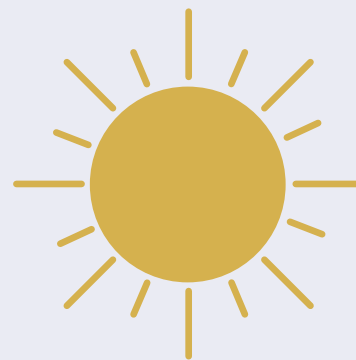
1 THING YOU CAN TASTE



# Triangle Breathing



# Finger Breathing



SLOWLY TRACE THE HAND WITH YOUR INDEX FINGER, BREATHE IN WHEN YOU TRACE UP A FINGER, BREATHE OUT WHEN TRACING DOWN A FINGER. YOU CAN ALSO TRACE YOUR OWN HAND.

