
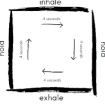





MY GROUNDING TOOLS



free resource



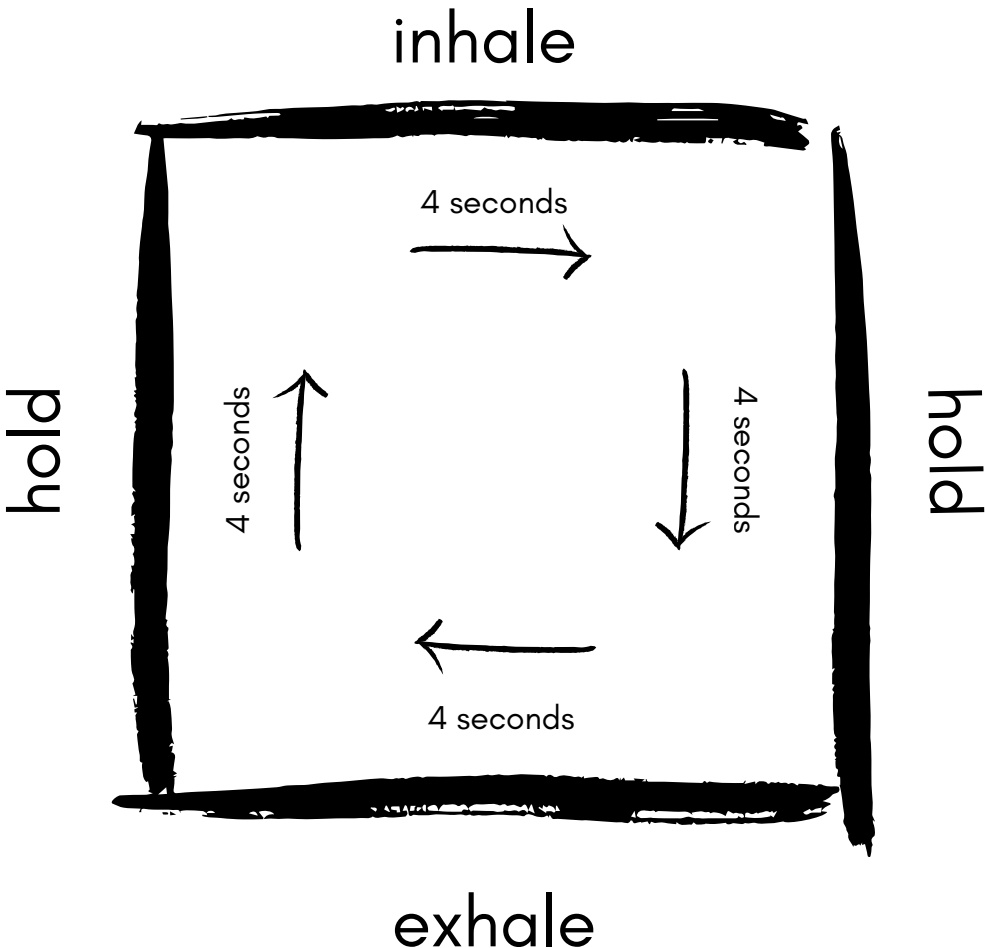
Tool	When to Use	How to Use
<p data-bbox="154 204 303 228">Color Grounding</p> 	<p data-bbox="359 204 568 300">Use when you're feeling anxious or worried.</p>	<p data-bbox="605 204 986 515">Looking for things in your environment that correspond to the colors in the rainbow. What do you see right now? Sometimes our thoughts wander to things that are not happening, this tool helps bring your thoughts back to this exact moment.</p>
<p data-bbox="165 561 292 585">Box Breathing</p> 	<p data-bbox="359 561 575 730">Use when you need to calm your body and help reduce stressful or anxious feelings.</p>	<p data-bbox="605 561 986 691">Take a deep breath in, hold for 4 seconds, exhale for 4 seconds, hold for 4 seconds. Repeat 3 or 4 times.</p>
<p data-bbox="157 777 300 801">Stop. Think. Act</p> 	<p data-bbox="359 777 549 946">Use when you have big emotions, or you are unsure what to do.</p>	<p data-bbox="605 777 986 1018">Take a moment to breathe, think about how you are feeling and why, and then act in a way that will help you and the other people who are involved. This helps you make good choices even when you have big feelings.</p>
<p data-bbox="161 1061 296 1085">Mindful Doodle</p> 	<p data-bbox="359 1061 546 1157">Use when you need to relax or refocus</p>	<p data-bbox="605 1061 969 1190">Freely draw whatever comes to your mind. Lines, shapes, squiggles...be free, there are no mistakes!</p>
<p data-bbox="154 1276 303 1300">Mindful Coloring</p> 	<p data-bbox="359 1276 546 1372">Use when you need to relax or refocus.</p>	<p data-bbox="605 1276 975 1477">Color the design in any way you would like, focus on the strokes you are taking with your crayon, marker, or pencil. This helps calm your thoughts and focus on the moment.</p>

Color Grounding

Take a few deep breaths,
then look around and find an object
that matches each color.



Box Breathing



Stop, Think, Act



Stop- Take a breath, give yourself a moment

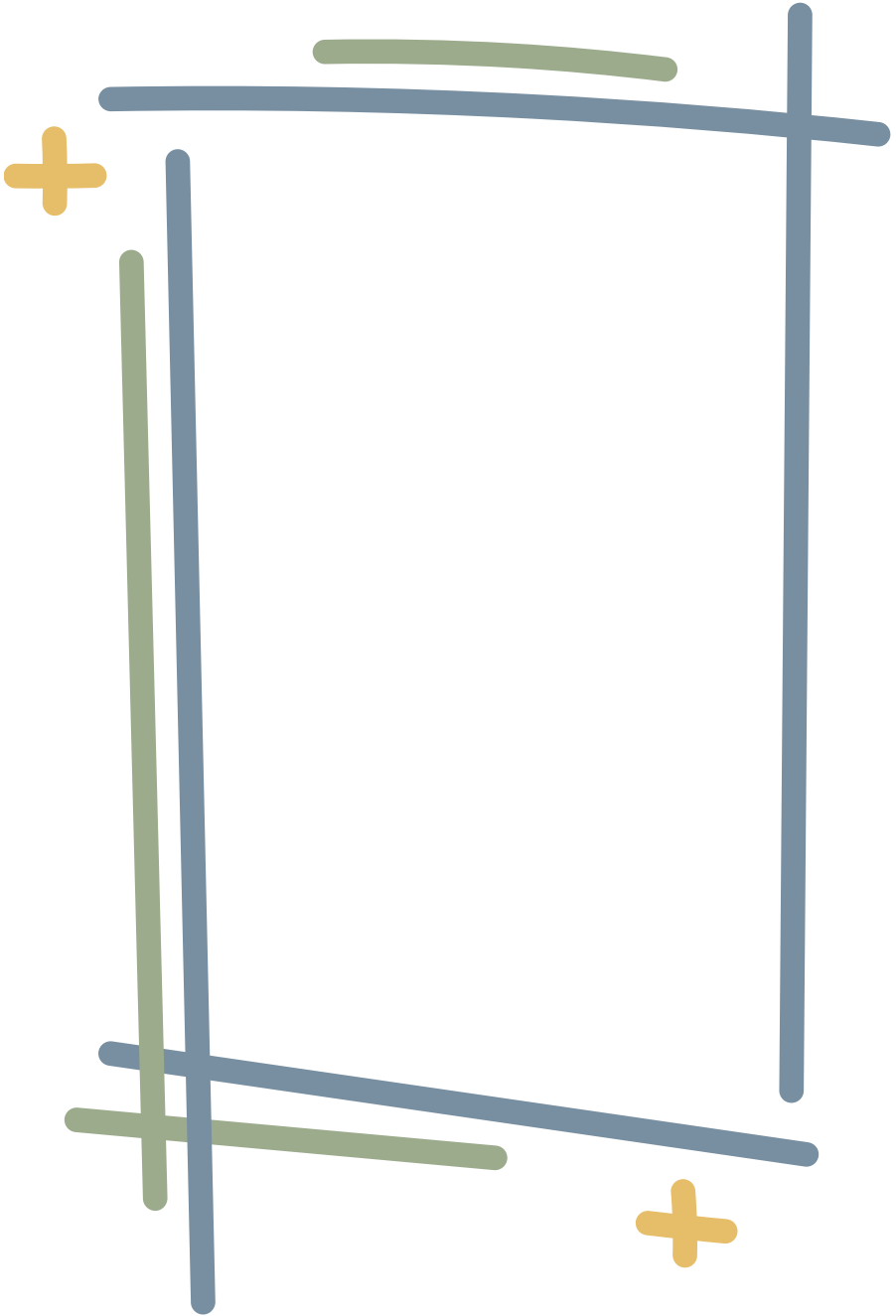


Think- What are you feeling? What is happening to make you feel this way?



Act - Decide what to do next that will best help you and others involved in the situation.

The Mindful Doodle



Mindful Coloring

