











MY GROUNDING TOOLS



Tool	When to Use	How to Use
<p>The Unstick Keys</p> 	<p>Use when you're feeling stuck and need an idea to shift out of that feeling.</p>	<p>Choose one of the 4 unstick keys that best fits how you are feeling. Each of the strategies will let you shift from being stuck, to moving on to something different again.</p>
<p>My Calming Strategies</p> 	<p>Use when you need a quick idea to help calm your body and mind.</p>	<p>complete your list of preferred calming strategies ahead of time so you can refer to them at any time.</p>
<p>Box Breathing</p> 	<p>Use when you need to calm your body and help reduce stressful or anxious feelings.</p>	<p>Take a deep breath in, hold for 4 seconds, exhale for 4 seconds, hold for 4 seconds. Repeat 3 or 4 times.</p>
<p>Mindful Meadow Moment</p> 	<p>Use when you need to relax your body and let any negative feelings go.</p>	<p>Close your eyes and visualize the Mindful Meadow as your Compass Partner reads the script to you.</p>
<p>5-4-3-2-1 Grounding Strategy</p> 	<p>Use when you're feeling anxious or worried, or stuck in a loop of bad thoughts. Activating your senses will help ground you in the moment.</p>	<p>Activate your senses by finding things you can see, touch, hear, smell, and taste. This will help ground you in the moment.</p>

Tool	When to Use	How to Use
<p data-bbox="154 204 303 228">Color Grounding</p> 	<p data-bbox="361 204 568 300">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="172 561 284 585">Big Squeeze</p> 	<p data-bbox="361 561 563 697">Use when emotions feel big and overwhelming.</p>	<p data-bbox="605 561 967 697">Follow the 4 steps to help your body know where it is in space. This deep pressure strategy will calm your body.</p>
<p data-bbox="157 742 303 766">Stop. Think. Act</p> 	<p data-bbox="361 742 549 906">Use when you have big emotions, or you are unsure what to do.</p>	<p data-bbox="605 742 990 981">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 1024 297 1048">Mindful Doodle</p> 	<p data-bbox="361 1024 546 1120">Use when you need to relax or refocus</p>	<p data-bbox="605 1024 969 1160">Freely draw whatever comes to your mind. Lines, shapes, squiggles...be free, there are no mistakes!</p>
<p data-bbox="154 1236 303 1260">Mindful Coloring</p> 	<p data-bbox="361 1236 546 1332">Use when you need to relax or refocus.</p>	<p data-bbox="605 1236 975 1444">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>

The Unstick Keys



Sometimes, a feeling is like sticky mud or a thick fog. It's hard to move, and it feels like it might stay forever. The good news? No feeling stays forever! Try one of these keys to help the wind blow again.

Stuck in "The Loop"
(angry thoughts over and over).



The Movement Key: Give that powerful spark a "Big Job" for the hands and feet to move the energy out. Do some wall push-ups or carry something heavy like the laundry basket.

Stuck in "The Heavy"
(feeling like you can't get up).



The Tiny Step Key: Don't try to be a Sunny Sun yet. Just choose one tiny action, like drinking a glass of water or hugging a stuffed animal.

Stuck in "The Spin" (too much energy to listen or stop).



The Anchor Key: Use a "Heavy Squeeze" or a "Deep Breath" to bring your feet back to the ground.

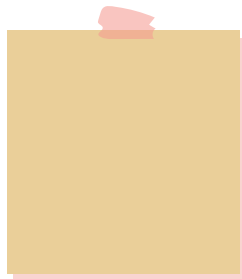
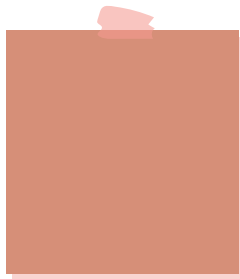
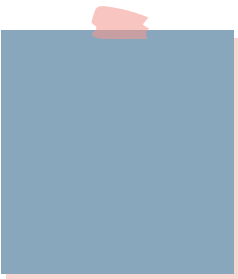
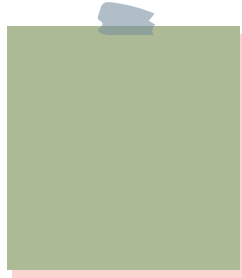
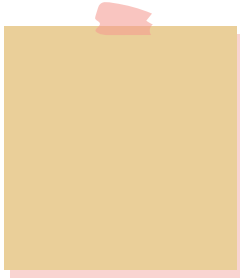
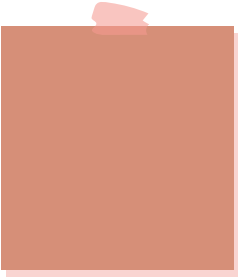
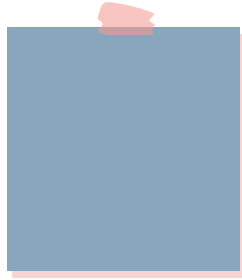
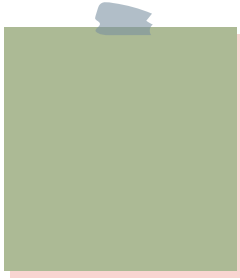
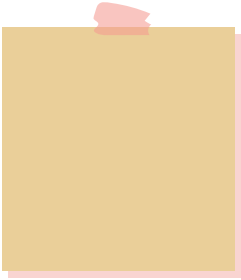
Stuck in "The Dream"
(too quiet to start a task).



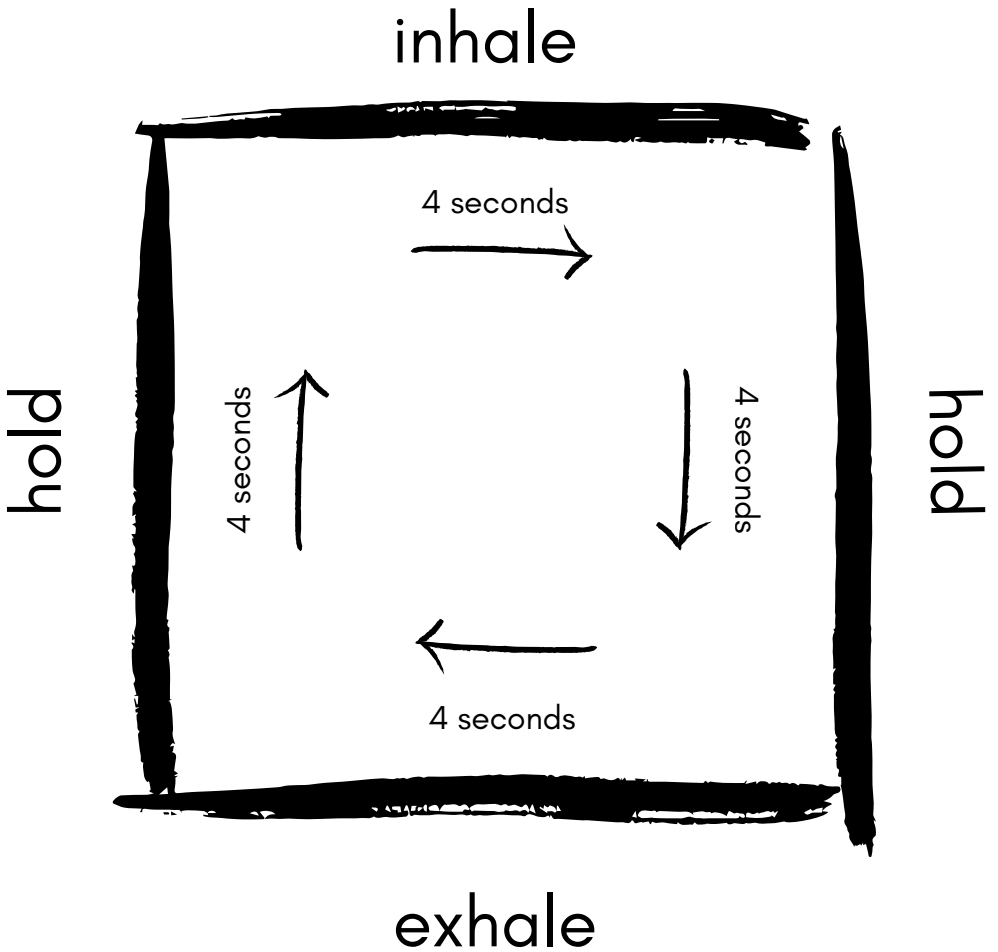
The Spark Key: Pick one small thing to "Go!" on to wake up your roots. Do some stretches or turn on some music and dance and wiggle.

My Calming Strategies

What are some of your favorite ways to calm down? Is it taking a cold drink of water? Going for a walk? Listening to music? Doodling? Write them down here so you can easily remember them when you need a strategy to help you.



Box Breathing



The Mindful Meadow Moment

A Script for Setting Roots and Clearing the Sky

1. Finding Your Spot

"Let's head to your Mindful Meadow. Find a place where your body feels supported—maybe lying on your back like a fallen leaf or sitting tall like a sturdy tree. Close your eyes, or if you prefer, pick one soft spot in the room to look at."

2. The Rising Sun (The Breath)

"Place your hands gently on your belly. Imagine your belly is like a soft, warm sun rising in the meadow. As you breathe in through your nose, feel the sun rise up, pushing your hands toward the sky. As you breathe out through your mouth, feel the sun slowly set as your hands sink back down. Imagine long, silver roots reaching from your feet, deep into the cool, dark earth. You are connected. You are steady."



The Mindful Meadow Moment

3. The Wind in the Grass (Muscle Relaxation)

"A gentle wind is blowing through your meadow.

First, it reaches your toes. Squeeze them tight like a ball, then let them go limp like blades of grass.

Now the wind reaches your hands. Make a tight fist, then open it wide like a blooming flower.

Finally, the wind reaches your shoulders. Pull them up to your ears, then let them drop down, heavy and soft, into the soil."

4. Clearing the Sky (Observation)

"Look up at your inner sky. If there are any Rumbly Clouds or Slow Raindrops left from today, imagine the wind is gently nudging them across the horizon. You don't have to chase them. Just watch them float away until your sky is wide, quiet, and still."

5. The Meadow's Secret (The Affirmation)

"In your meadow, you are safe. You are exactly who you are meant to be. Repeat after me, either out loud or in your heart:
My roots are deep. * My heart is steady. * I am my own best self."

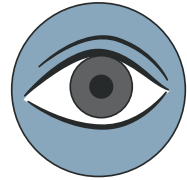


5-4-3-2-1

grounding strategy

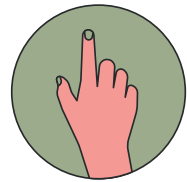
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things you can see



4

things you can feel



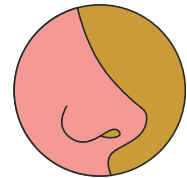
3

things you can hear



2

things you can smell



1

thing you can taste



Color Grounding

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



The Big Squeeze

Step 1: The Self-Hug

Cross your arms over your chest like a sturdy X. Reach around until your hands can grip your opposite shoulders. Squeeze your arms tight against your body and hold for a count of five.

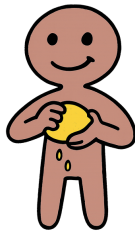
Think: I am strong like an oak tree.



Step 2: The Lemon Squeeze

Make your hands into tight, tiny fists. Scrunch up your toes inside your shoes. Squeeze your eyes shut and scrunch your nose like you just tasted a sour lemon. Hold all that energy inside for three seconds... and then POP! Let it all go at once.

Think: I am letting the rumby clouds pass.



The Big Squeeze

Step 3: The Anchor Press

Sit on the floor or a sturdy chair. Place your hands flat on your knees or the ground beside you. Push down as hard as you can, feeling your spine grow tall and your feet push into the floor.

Think: I am connected to the steady ground.



Step 4: The Compass Breath

To finish, place one hand on your heart and one on your belly. Take one slow breath in through your nose (smell the meadow flowers) and one slow breath out through your mouth (blow the clouds away).

Think: I am calm like a meadow.



Stop, Think, Act



Stop- Take a breath, give yourself a moment

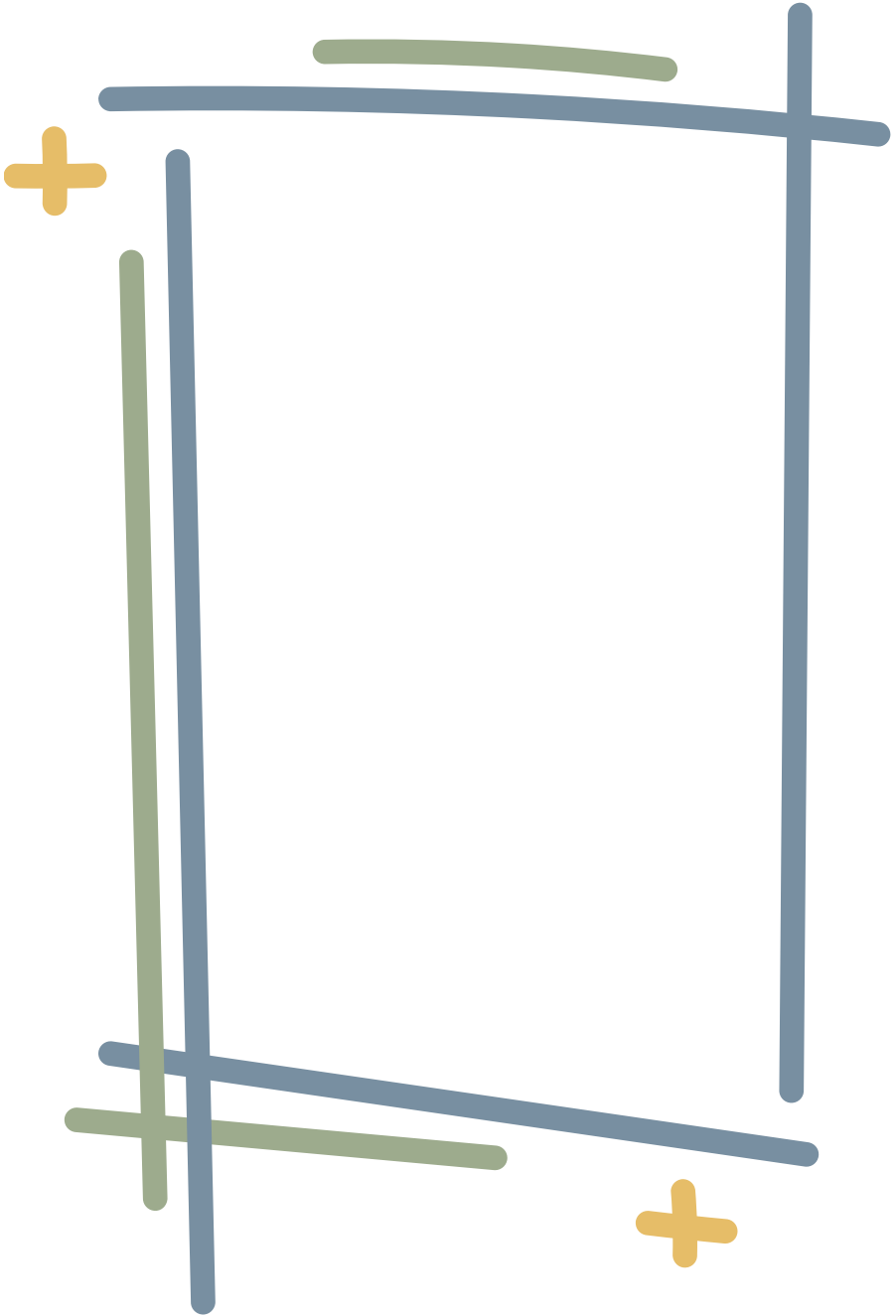


Think- What are you feeling? What is happening to make you feel this way?

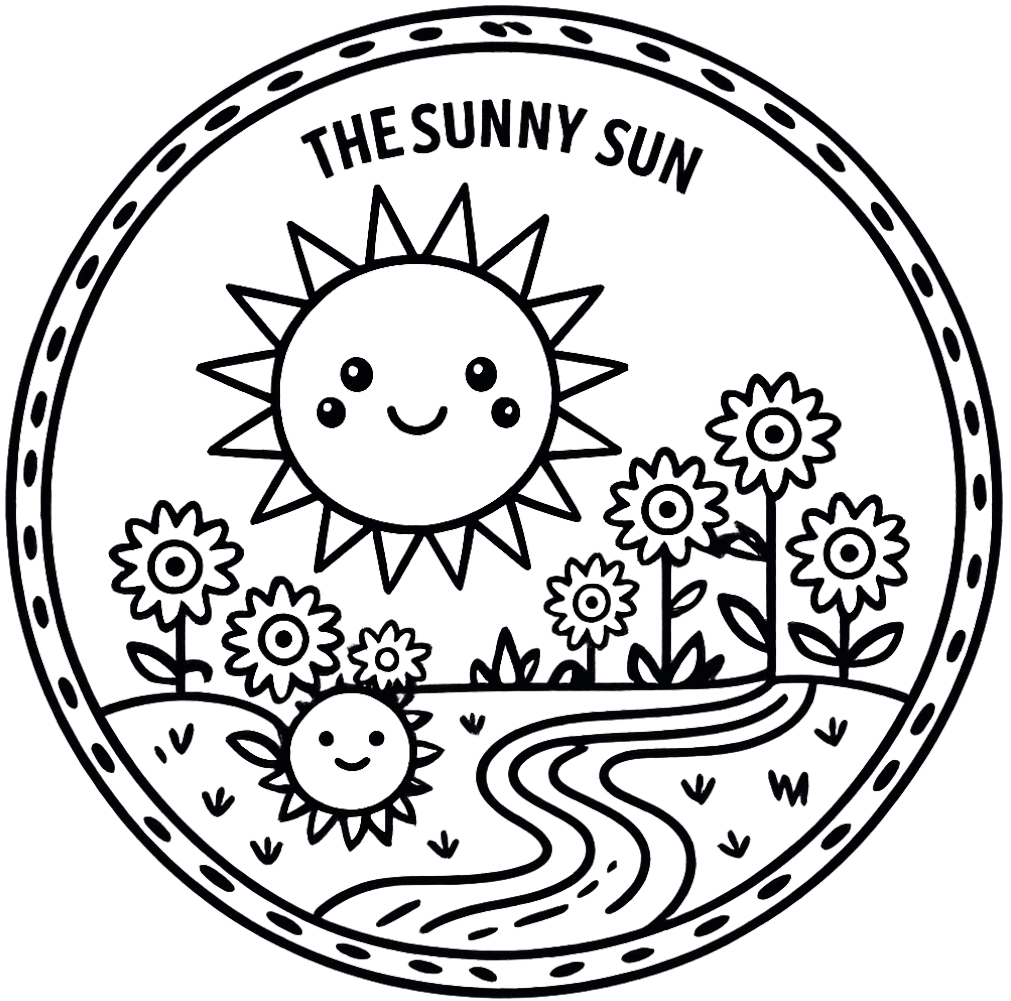


Act - Decide what to do next that will best help you and others involved in the situation.

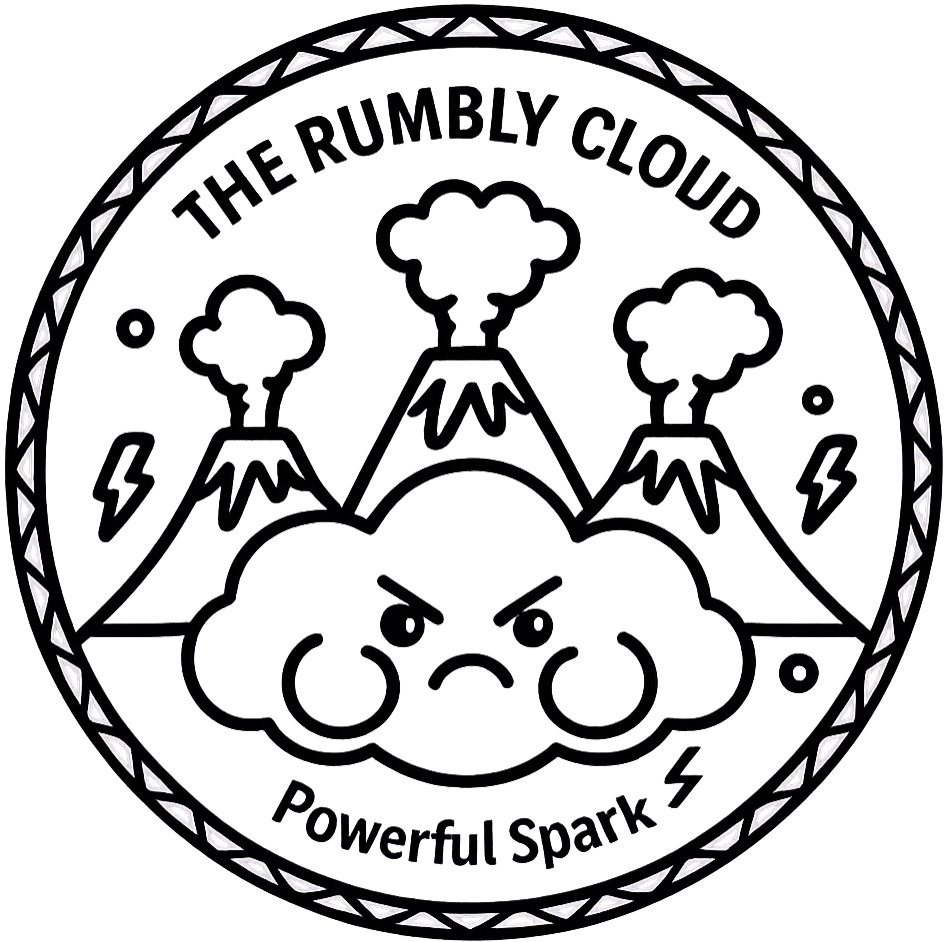
The Mindful Doodle



Mindful Coloring



Mindful Coloring



Mindful Coloring



Mindful Coloring

