

Wellness Lesson 4

Corresponding video: 54321 Grounding

<https://www.youtube.com/watch?v=9Y22fBEkoE&feature=youtu.be>

Activities:

- Take some refreshing and relaxing breaths.
- Practice grounding- using the 54321 method shown in the video- This image can help if you are struggling to get started.



Options for Families:

- This activity can be done together as a family and then discussed or it can be done independently with everyone reporting back how this went for everyone.

Challenges for parents:

- Although this is difficult to do when we are overwhelmed in managing work, family life, home schooling and finding a balance between them all, grounding is a great opportunity to reset our minds and focus all the wonderful things around us.
- Special note: Grounding can be practiced in any environment or even on a walk outside. This can help us to notice our surroundings in a way that we may not done before.