



BE A TREE ~ GROUNDING TECHNIQUE

Head outside and take a moment to calm the body and mind by connecting with nature.

1. Take off your shoes to feel the earth beneath your feet, placing your feet on the ground like the roots of tree.
2. Reach your arms high and wide like beautiful, strong tree branches!
3. Say the words: "I am strong, I am able, I stand tall like a tree!"
4. Breathe in calm and strength through your rooted feet and up to the fingertips of your arm branches, and breathe any worries out your mouth and into the sky above.
5. Repeat the words and calm breaths in steps 3 and 4 until you feel strong, steady and able!



GROUNDING TECHNIQUE

How-To Do

Arms wide
and high!

I am strong,
I am able,
I stand tall like
a tree!

Breathe in
STRENGTH
breathe out
worries

Feet on the
ground



