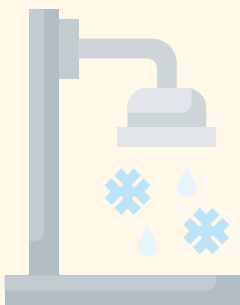


# 12 mindful/ grounding activity cards



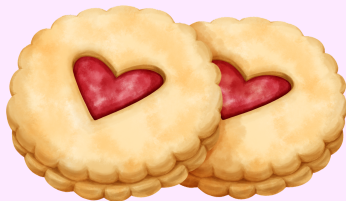
Close your eyes and bring all your awareness and attention to your sense of hearing.

Practise noticing and releasing sounds



Take a shower or splash cold water on your face. Enjoy the sensations as they bring you back to the present

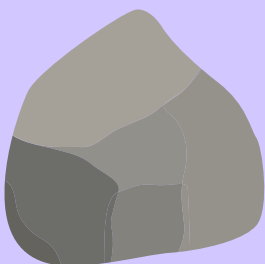
Grab your favourite treat and see how long you can make it last by focusing on its smell, texture and taste



Do some gentle stretching or yoga style activities. Focus on the movements and how the body feels



Pick an object and take a few moments to fully observe it. Notice all the colours, corners, details and shadows



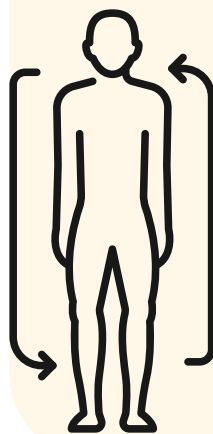
Imagine your thoughts or worries are written on balloons and watch them as they float away through the sky above you

Whilst standing, sitting or lying down, bring your attention to where your body touches the ground.



Spend time connecting to the Earth's natural energy field

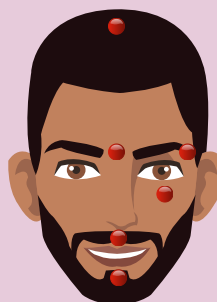
Spend a few minutes scanning the body from head to toe for any sensations, for example tightness in the shoulders. Accept this sensation then release it through the breath



Push against a wall with your arms fully extended and your head up. Notice the feeling of sturdiness in your body as you push and how it connects you to the ground



Take some deep breaths whilst using two fingers to place light pressure on your energy points ●



Take a moment to give yourself a gentle hug or share a hug with someone else



Do some colouring in or something creative to enable the brain to focus away from your thoughts

