

## The Grounding Process

This process can help you control your mental imagery, stop words moving on the page and help you achieve a state of relaxed focus. Try this out on yourself first a few times, then when you feel comfortable with it, go through the process with your child.

When someone is ungrounded they will be quite wobbly. So stand up, think about all the things you need to do over the next few days and notice how you feel.

When doing this with your child, ask them to stand and give them a gentle push – notice how wobbly they are!

You can close your eyes for this or keep them open if that feels more comfortable.



1. Take a couple of deep breaths. Then, just notice your normal breathing pattern: in and out through your nose, about 3 or four breaths. Begin to establish a rhythm: in for 3, out for 3 for a few breaths.
2. On the next breath, as you breathe out send your attention down into your feet.
3. Imagine that you have roots, like a tree, growing into the ground, growing right down into the centre of the earth and spreading out, deep, wide and strong.
4. As you breathe in, imagine goodness, energy, strength etc. coming up from the earth through your roots into your feet, ankles, legs and into your body, cleaning and clearing as it flows into you. You might want to imagine the energy as a colour.

## The Jumpstarting™ Course for Parents

5. Now imagine that some of your roots can take all the unwanted 'stuff' down into the earth. This could be pain, stiffness, unwanted thoughts and feelings, fears etc. Begin to release any stress or anxiety down through your roots into the ground.
6. Set up a loop – breathe in the energy through your up roots and clear unwanted thoughts and feelings through your down roots. Do this for several breaths.
7. Notice how much calmer and more stable you feel. If you are doing this with your child, give a gentle push. You should find they are relaxed but really strong and stable. If not, ask them to have another go.
8. Make sure you are grounded yourself as this will help your child.
9. Ask your child what they noticed in their body. Do they feel different?
10. Some children find this a really lovely, relaxing experience. For others it's strange and takes some getting used to.
11. Once your child feels comfortable doing this standing up, they can practise doing it sitting down – then they can do it in school.
12. This is great to do any time you need to get into a more relaxed, focused stress-free state.