

**Grounding – Further Information and Dealing with the Unexpected**

If at all possible, it would be great to do the grounding outside, especially at first and then from time to time. It's very powerful to do this exercise in bare feet.

Below are some examples of situations that we have experienced when teaching students to become grounded and some possible solutions.

**Becoming Emotional**

When a person is highly stressed and very ungrounded they may become emotional when grounding for the first time.

Give your child time to release the emotion into the ground. Ensure that you are grounded and can maintain the state yourself. This requires patience.

**Hard to Stay Grounded**

Some people become ungrounded very quickly due to their own stresses or picking up stress from other people.

Encourage your child to be aware of when they become ungrounded and to re-ground themselves whenever they feel this happening.

**Unexpected Reaction**

Some people giggle, laugh or have a physical reaction when grounding for the first time. This is just because it is an unusual experience. It will soon wear off!

**Yawning**

This is a natural reaction from holding stress in the body and grounding is a great a way of releasing this.

**Doesn't Know about Roots.**

Some younger children might not know what roots look like or what they are for so teach them about roots first. If possible, take them into a garden and show them roots of a weed. You could also plant a seed and show the students the roots as it grows.

**Can't Stop Moving**

If your child really wants to move, ask them to stand with their arms by their side or cupped over their tummy and start twisting back and forth like a screwdriver and

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imagine him/herself boring into the earth.

You can imagine they are a giant taking very heavy steps, or wading through very sticky mud, or have heavy boots on.

Sometimes, a walk in the woods, looking at the roots will help calm the system down and you can start grounding.

### **Sensory Overload**

For students who experience sensory overload regularly, give them a sand-timer which they turnover when they become aware of going into that state. They can watch the sand go down and imagine their body and mind calming down at the same time.

You can also use the timer as a kind of signal that your child needs some alone time to get grounded before you start to speak with each other or he/she begins an activity.

Watching a candle burn can be a good way to calm down too (with appropriate health and safety precautions, obviously!)

### **Very Tense when Breathing**

Try blowing bubbles – kits are usually readily available. The act of blowing forces the air out and in again naturally – this prevents the raising of the shoulders. Once your child is more used to the feeling, he/she can try taking deep breaths again.

Another idea – start by breathing out as far as you can. Depending on the age of the child, you can hiss like a snake! Once you have emptied the air completely, just relax and you'll feel the air come in naturally from deeper down.