

Mindful Moment: Grounding

Introduction

Mindfulness is a way to bring connection between the brain, mind, body, and behavior. It is easy for many of us to fall into the trap of worry and having our minds run a mile a minute and this can happen to our youth, too. There are so many demands on our children these days that it may be difficult for them to take time to be calm and quiet, and their bodies need that rest.

A favorite activity for our members, which is easy to do and does not require any additional items, is a grounding exercise. Grounding allows us to reconnect with our surroundings and take a moment to refocus and relax. Try the following activity with your members.

Activity

1. Get comfortable. You can have participants lie down or find a comfortable sitting position. Have them close their eyes.
2. Start with a few deep, slow breathes.
3. Ask participants to remain as still and quiet as possible and start with one of the senses such as listening to identify as many sounds as you can. Participants can make a list in their minds of things they are hearing.
4. Depending on time, you can work your way through the other senses such as touch, sight, and smell.
5. End with breathing again. When participants are ready, they may open their eyes.

Tips & Tricks

- If you need a script, feel free to use the script on the second page.
- If you are not comfortable leading through the activity, YouTube has many great walkthroughs. Use common mindfulness brands like: Calm, MyLife, or Calm Classroom.
- If you do not have a lot of time, you can do an abbreviated version by just sitting and focusing on one of the senses.
- This is a great activity that can be modified as needed for the meeting location, group, etc. You could also offer older members an opportunity to read the script or create their own relaxing story to share.

Discussion Questions

- What items are on your list that you heard? What items are on your list that you felt? What items are on your list that you smelled? What items are on your list that you saw?
- How was this exercise for you? Was it hard or easy? Why?
- Did your mind wander? If so, what did you do to bring your attention back to the moment?

Extending the Activity

- You can give participants a quick moment to journal or write down about how the activity went for them.
- Have youth think about the questions, find a partner, and then share with each other (Think, Pair, Share).

For more information and activity resources visit :<https://u.osu.edu/4hjjournal/>

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Activity Script

Sit in a way that is comfortable for you.

Once you have found a good spot, close your eyes, and take a deep breath in and out. If closing your eyes is not comfortable, you can stare at something off in the distance or just let your eyes relax and not focus on anything.

We are going to sit as still and as quiet as possible, take another deep breath in and out.

Use your listening ears to identify all the sounds you can hear. Make a list in your mind of 3 things you hear. Maybe it is a buzzing of a fan or it is so quiet, you do not hear anything.

Now while we are still sitting still and quiet – take a big breath in through your nose and out through your mouth.

Take a minute to see if you smell anything. Maybe there is a smell you did not notice when the meeting started such as flowers or crayons. Make a list in your mind of 3 things you smell.

Now, we are going to take one more big breath in through your nose and out through your mouth.

This time, we going to use our sense of touch. You can put your hands on the ground next to you or out on the table. What are some things you feel such as the cold floor or a rough table? Make a list in your mind of 3 things you feel.

One last time still sit as quiet and still as possible – you can open your eyes if they are closed.

Take another deep breath in and out. This time we are going to us our sense of sight. Look around and see if there are things you did not notice at the beginning of this exercise. Make a list in your mind of 3 things you feel.

Focus on where you are right now, the meeting you are in or the event you are participating in today. Do not think about the other things that need to get done or make a to do list.

Give yourself time and space to just be in the moment.

To finish this activity, we are going to focus on the breath. Feeling each inhale and exhale. When you are ready, focus back on the touch of your seat and then open your eyes if they are still closed.

