

Ground It Down



Lesson Objective:

To teach an emotion-focused coping skill that can help kids calm themselves and settle their bodies.

Learning Outcomes:

By the end of this lesson, kids will be able to demonstrate how to use Ground it Down and identify when they could use it to feel their best selves.

Materials Needed:

- [Strategy Video](#)
- Laptop with Internet access
- Projector
- [Strategy Card](#)
- [Reflection Sheet](#)

English materials are linked above. You can access materials and videos in Spanish on the [FYBS website](#).

Time:

15-25 min

Steps

□ Introduce Ground it Down (1-3 min)

- Start by sharing that you are going to watch a brief video that will teach kids something they can use to help them feel their best selves. You can use or revise the sample script below to introduce the strategy:
- *Today we are going to be learning a new strategy to help us feel our best self. We can learn how to deal with heavy feelings – like feeling sad, mad, worried, or scared. Sometimes those heavy feelings make us not feel our best, so we can try a way to make them feel lighter.*

This is also a good time to check kids' understanding of heavy and light feelings. We offer some sample questions to generate discussion here, or you can revisit Intro: Feel Your Best Self.

- What does it mean to have heavy feelings?
- What does it look like when you're feeling heavy feelings?
- What are some examples of lighter feelings?
- What does it look like when you're feeling lighter feelings?
- What about when you're feeling in the middle?

□ Show the Ground it Down Video (5 min)

- This will require a computer, speakers, and a projector.

□ Check for Understanding (3-5 min)

- Ask about events that occurred during the video. For example:
 - How was Mena feeling at the start of the video?
 - What was making Mena feel that way?
 - What did CJ suggest to help Mena feel better?
 - What happened after Mena used Ground it Down?

□ Provide the Ground it Down Strategy Card (1 min)

- Hand out the strategy card.

□ Practice Ground it Down (3-5 min)

- Inform kids that you are now going to practice the strategy together.
- Read all steps aloud to remind kids of the strategy steps.
- Read the first step on the strategy card aloud and have kids engage in the action listed in that step.

- Repeat for all remaining steps on the strategy card.

Practice Ground it Down with a Puppet!

If you have chosen to incorporate puppet-making into your use of FYBS, here are some ideas you can use to have kids practice the strategy with their puppet:

- Imagine that your elbow is the puppet's feet, and your arm is its body.
- Slowly tighten the muscles in your arm all the way up to your hand, which is the puppet's mouth.
- Hold for five seconds and then release.

Reflect on how Ground it Down worked and how you might use it in your own lives (5 min)

- We offer some sample questions to encourage reflection:
 - Can anyone share a time when you felt like Mena did while trying to finish the poster?
 - What do you think about Ground it Down?
 - What do you like?
 - What might you change?
 - How do you think you could use it?
 - When do you think it could be helpful?
 - When/where can you use Ground it Down?
 - Is there a time today that you could try it?

- To engage in additional reflection, use the **Ground it Down Reflection Sheet** to have kids rate and describe, using pictures or words, their feelings before and after practice.