





Ground it Down



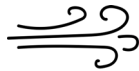
1. How do you use Ground it Down?

Practice, then draw a picture of yourself using it!

1. Stand or sit really still.	
2. Plant your feet into the ground.	
3. Squeeze your muscles tightly and count to 5.	
4. Release the squeeze and let out a big sigh.	

2. How do you feel after using Ground it Down?

Circle the cloud that best matches.



3. When could you use Ground it Down to help you feel your best self?

Draw or write your ideas.