

# Video Discussion Tip Sheet

## Ground it Down



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.



### Watch together! Then talk about:

- ✓ Do you remember why Mena was frustrated when working on the poster?
- ✓ How did Mena feel after trying Ground It Down?
- ✓ Why do you think Mena was able to finish the project after using Ground It Down?

### Practice together! Then talk about:

- ✓ What does it feel like when you push your feet into the ground and squeeze your muscles?
- ✓ How do you feel after trying Ground It Down?
- ✓ What was your favorite part about Ground It Down? What parts were tricky?
- ✓ Where and when do you think you could use Ground It Down?

### Additional Tips

- ✓ If it's hard to come up with ideas about where and when to use the strategy. You could first work to identify challenging situations, and then re-imagine how it could be different if you used Ground It Down.



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