

## ART FOR WELLBEING IN THE CLASSROOM

### GROUNDING EXERCISE

<b>Good for</b>	<p>Grounding exercise                  Checking in with yourself                  Relaxation, freeing up mind and body                  Building individual, partner, and group sensitivity                  Whole class / group of 10-15 people</p>
<b>Length</b>	10-15 mins
<b>Resources</b>	Large space
<b>Actions</b>	<ul style="list-style-type: none"> <li>• Stand in a circle. Wait until everyone stops fidgeting.</li> <li>• Exercise - Check in with ourselves: <i>How do you feel today? We will do a body scan and notice where you might hold any tension.</i></li> <li>• <i>Get yourself settled. Let's start by becoming present in your body.</i></li> <li>• <i>Notice how does your body feels today. Are you feeling tired, relaxed, tense, nervous, fidgety? How is your concentration? Are you calm, thinking of breaktime/home time, worried, distracted?</i></li> <li>• <i>Close your eyes, focus only on your breathing. Breathe in slowly and notice your chest and tummy slowly filling with air and gently breath out, breathe in gently for the count of 4, hold for 4 counts, breathe out slowly, count of 5.</i></li> <li>• <i>Notice where your body might hold some tension, focus on this area whilst breathing in and out. On the out breath relax muscles.</i></li> <li>• <i>Roll your shoulders, backwards. Hunch your shoulders up then release. Release your knees.</i></li> <li>• <i>If you are thinking about something, about school, home, something you have been doing today, observe it, acknowledge it, then go back to focusing on your breath, breathing in and out slowly. Let your thoughts come and go. Always return to your breathing exercises.</i></li> </ul>



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	<ul style="list-style-type: none"> <li>• <i>Imagine a thread coming out of the back of your head at the top of your spine, and it is pulling you up. Relax all the muscles from the head and shoulders downwards.</i></li> <li>• <i>Place your feet a hip width apart. Gently swing your arms around your body. Reach out as you swing your arms around your body. Reach out to the horizon. Look beyond your fingertips to the furthest point. Stay balanced on both feet, keep your hips still and twist from the waist upwards only.</i></li> <li>• <i>Stand on one foot, point toe and flex foot repeat 10 times. Shake out leg muscles repeat on other foot.</i></li> <li>• <i>Shake out whole body.</i></li> </ul> <p><i>We use breathing exercises in meditation to help calm the mind and body.</i></p> <p><i>What did you notice? How was that for you? What did you find interesting? Were you able to focus and concentrate on your breathing? Did you notice where you hold any tension?</i></p> <ul style="list-style-type: none"> <li>• <i>Invite the group to 'popcorn' – in a circle each person says one word to describe their experience.</i></li> </ul>
<p><b>Tips</b></p>	<p>Children need to be in a relaxed quiet space. Play pass the clap (Section 1, Activity 2) first to focus their attention.</p>
<p><b>Variation</b></p>	<p>Breathing exercises can be done sitting down. They help children learn to release tension from head to waist. Keep a circle formation, if you are in a classroom re-arrange the chairs. Consider using concentric circles.</p>

