

# TAKE NOTICE

---

## GROUNDING GAME

**Equipment** Flip chart with grounding game on it **Time** 15 mins

**Participants** Minimum 6

### How To Play

Adaptation: Use pictures of faces to help emotional expressions if needed.

1. In Pairs/small groups participants chat how they are feeling.
2. Use aid to aid expression if needed.
3. Assign each group a movement (Run, skip, lunge etc...).
4. Groups use movement to travel the room identifying
  - 5 things we see
  - 4 things we feel
  - 2 things we hear
  - 1 thing we taste
5. In pairs/small groups now state how they feel.
6. As a large group chat about benefits of grounding and use in everyday life.

### Facilitator Tips

Being present in the moment can help us to remain calm which has a positive impact on our mental wellbeing because we focus on the moment rather than worries or fears we have about the past or future. Not only can we practice this day to day it can also be used as a tool to calm us when we do feel overwhelmed, anxious or panicked. This is a good exercise to focus a group before a session. Good to practice grounding before bed to help us get a good quality sleep. See attached Grounding Guide resource which can be handed out to participants for future reference.