

GROUNDING TOKEN

This activity is intended to enhance your skills in self-reflection, mindfulness, and grounding. Engaging in grounding and strengthening this skill can help manage anxiety, stress, and help us connect with ourselves and our culture. Grounding is a technique used in mindfulness practice that can bring us into the present moment when our thoughts or emotions are taking control of us. Using a grounding token can help us focus our attention on the physical here and now, rather than being distracted by our thoughts.

SUPPLIES NEEDED:



Small Handheld Object
(Rock, Stone, Twig, etc.)



A Quiet Place



Grounding Token
Worksheet

DIRECTIONS:

1

SELECT A TOKEN

Find a place outside that you feel connected to and where you feel comfortable. Try to find a rock or another small object that is easy to hold and carry around. This token, whatever it might be, will be a way to root yourself in the present and truly connect with yourself.

2

CONNECT AND REFLECT

Once you have chose a grounding token and a quiet place, take a couple minutes to reflect on the prompts on the Grounding Token Worksheet.

3

EXTEND YOUR PRACTICE

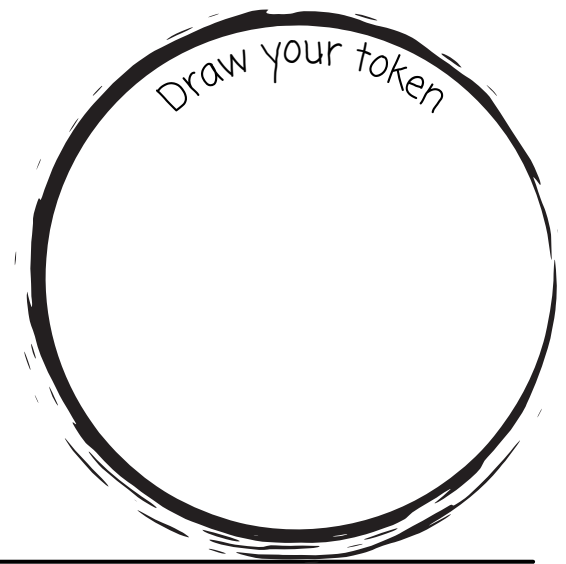
Keep your token in a place that you can access it whenever you need it. Use it to take a mindful moment and return to the place you gound it in your mind. You can hold it to dispel negative energy or use it to fidget with if you're anxious. It's yours to use as your own - as part of your bundle!



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MINDFULNESS PRACTICE: GROUNDING WITH A TOKEN



REFLECTION PROMPTS:

PHYSICAL

How does the token feel in your hand? What is its texture, weight, and shape?

MENTAL

Describe the token in a non-judgemental way. State simple facts about the token.

EMOTIONAL

What sensations arise in your body and mind as you connect with your token? How does it make you feel holding it? Do you feel more connected with yourself?

SPIRITUAL

Reflect on what the token's story might be. What's its journey? How did it get to where it is now? How did it come to be in your life? What is its connection to you? What meaning do you assign to it?



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