

# BUILDING OUR BUNDLE

## WEEK 3 MINDFULNESS PRACTICE: GROWING OUR ROOTS

**Mindfulness is a great skill to help us regulate our emotions and thoughts and to help keep ourselves in the present moment. Take a few moments to read through this mindfulness exercise. Try to focus your attention on the present moment without judgement. When distracting thoughts or feelings come up, just notice them and let them pass, returning to the present moment again.**

Begin by finding a comfortable position standing or seated, whichever makes you feel more grounded and connected to the earth.

Plant both feet on the ground and breathe deeply, paying attention to every inhale coming into your body and every exhale connecting with the ground.

Feel all of your toes connect to the earth. The paths of your feet are grounded, visualize roots growing down from the soles of your feet.

Inhale and as you exhale your roots grow grounding you to the earth.

Watch them spread with every exhale, feel the energy of the earth rising through your body, her energy rising up with every inhale. Feel that energy filling you up through your spine as it straightens.

With every exhale you become more grounded as you grow your roots. With every inhale you bring in more earth energy.

Remain here in this grounded place and in your own time, through three more cycles of breath, when you're ready bringing your attention back to where you are in this present moment.



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