

# GROUNDING Pt. 1

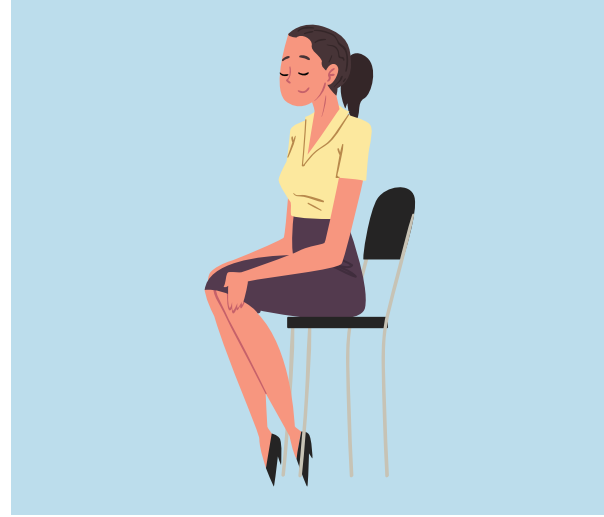
When I feel mad or upset, I can practice grounding.



When I use grounding I pay attention to the way things feel.



I can pay attention to the way my body feels on a seat.



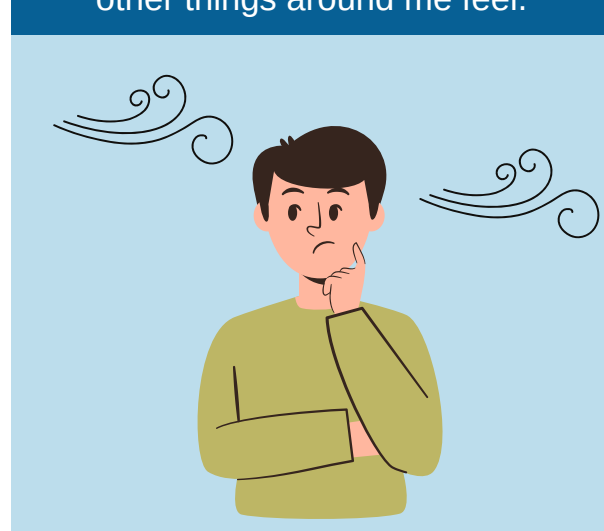
I can pay attention to the way my feet feel on the ground.



I can pay attention to how my clothes feel against my body.



I can also practice grounding by paying attention to how the air and other things around me feel.



# GROUNDING Pt. 2

When I practice grounding it can help me pay attention to things other than the bad feelings.



Grounding can help me to stay in my resilient zone, or OK zone.



When I can stay in my resilient, or OK zone I can keep working on my goals.

