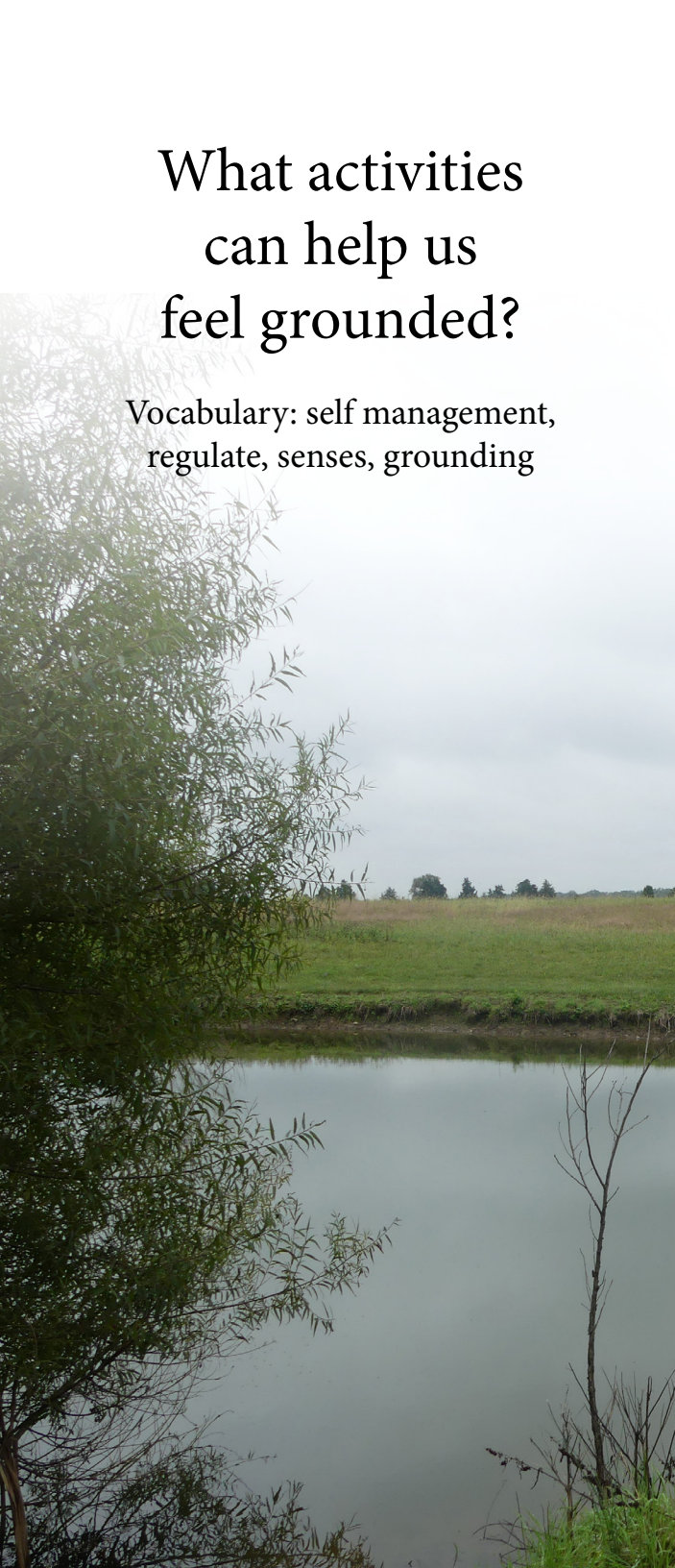
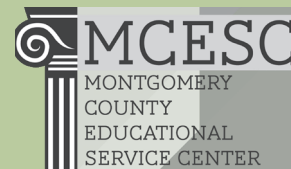


# What activities can help us feel grounded?

Vocabulary: self management,  
regulate, senses, grounding



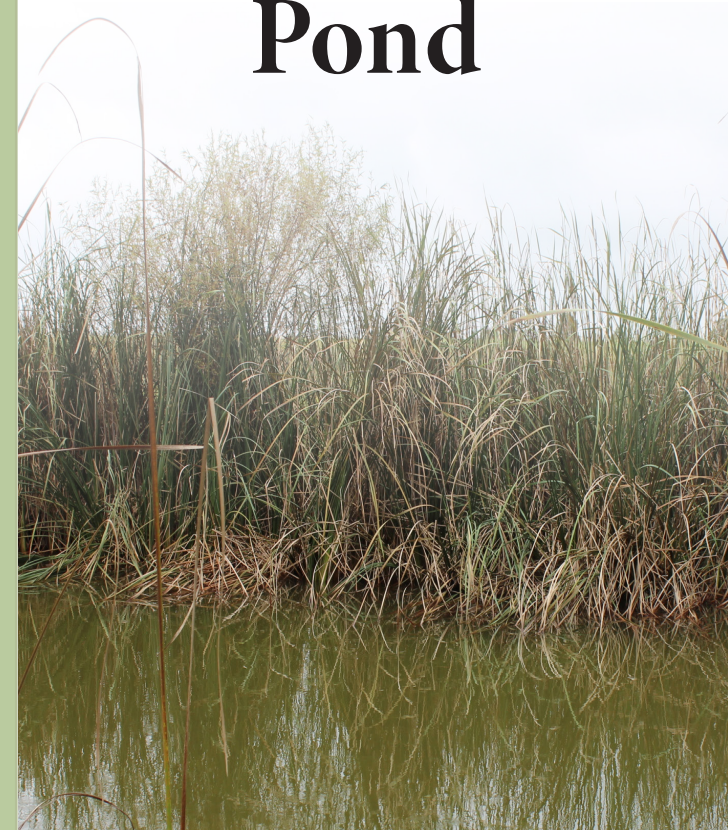
For more information visit the DPMP website



Visitor guide designed by students at Dayton Regional STEM School



# Teardrop Pond



## Visitor Guide



# Activity 1

## Focus on Breath

### Step 1:

As you approach Teardrop Pond, find a place to sit near the pond. Spread out from one another, but stay within hearing distance of the facilitator. Facilitator leads visitors in a breathing exercise to promote feelings of calmness and focus.

### Script

This part of the park is called Teardrop Pond. To enjoy the beauty of this space, we're going to practice a breathing exercise. Breathing exercises can help you calm your body when you're feeling strong emotions and also help you focus. We're going to use breathing to help us focus on the beauty of this space. Imagine you are holding a beautiful flower in your hand, take a deep breath as if to inhale the sweet scent of the flower, and then exhale and blow out the air as if you are blowing the wispy seeds of a dandelion.

Give 1-2 minutes for visitors to quietly look around the space and make silent observations of what they see, feel, hear and smell. For individual responses, visitors may choose to note what they experience on a sensory level and how they feel both emotionally and physically.

*Examples: I feel calm. I smell the earth. I hear some birds. I find it difficult to be still. I feel peaceful.*



# Activity 2

## Draw from Nature

### Script

Drawing from careful observation helps us with appreciation of nature. Focusing on small details helps us feel more relaxed and present. Don't judge your drawing. Be in the moment as you explore your visual sense through drawing.

### Step 1

Ask visitors to sketch a self-selected feature of nature found around Teardrop Pond. Demonstrate how they can use their hands as a viewfinder to narrow in on a portion of the landscape or find a small object, such as a leaf or pine cone.

Encourage visitors to practice this with several landscape features. Try large objects and tiny objects. (i.e. a tree, cattails, an insect).

### Step 2

Lead visitors through another round of smelling flowers/blow dandelions breathinghis time with eyes closed. When they open their eyes, ask them to choose something they see that they would like to draw. Allow extended quiet time for visitors to complete their sketches.

Before moving to the next station, lead a discussion on what it means to be present in the moment. Make connections to how both breathing exercises and

### Concluding Script

Activities like making art, being in nature, or breathing exercises can help people feel grounded. Grounding means doing something that makes you feel calm and steady, like when you're upset. It's something that helps you feel focused on what's real and now, instead of thinking of the past or worrying about the future. What are some other activities that might help you feel grounded?

*Visitors might suggest things like: reading, listening to music, sports, time with friends or going on a walk in their neighborhood.*