

- **Spin round in circles with hands out in a comfortable safe place**
- **Compliment every one in the room, taking turns**
- **Experience the weather of the day; at least 10 minutes**
- **Drink some room temperature to warm liquids**
- **Treat yourself to something you normally would pass up**
- **Create something that warms your heart**
- **Comprise a list of 10 things you want to do**

- **Eat while looking out a window the whole time**
- **Massage your cheeks and forehead gently**
- **Whisper as you count the steps it takes to get from one place to another**
- **Listen to classical music while your eyes are shut**
- **Create something with clay or sand while being silent**
- **Rotate head slowly from shoulder to shoulder and back to front, with eyes closed**
- **Feel the texture of a piece of nature's debris to connect with it**

Grounding & Centering Calendar

Take some time as a family to ground and center life a little each day. Try these exercises the same time each day for a month of FUN!

- **Smile softly and lightly as you breathe in and out 4 times**
- **Blink your eyes at least 5 times quickly then turn 90 degrees**
- **Rest with the light off without going to sleep for 3 minutes**
- **Mimic sounds you hear by moving your fingers to the beat**
- **Closely examine something that is your favorite color**
- **Observe the movement of others' feet while they walk around the room**
- **Flex the major muscles in your body; one at a time**

- **Dance and allow the music to move you as you connect with it**
- **Understand yourself more by writing a description of yourself from the inside**
- **Confront one of your fears**
- **Taste at least 2 new things**
- **Imagine life in the near future and picture it in your mind, with eyes closed**
- **Adjust your eyes to the dark in an unfamiliar place**
- **Protect your heels by spending one minute walking on the balls of your feet**

- **Talk to the sun or moon about your biggest worry, silently**
- **Release or let go of one major anger issue in your life**
- **Lightly feel fingertips with eyes closed**