4 ELEMENTS

EARTH

Connected ... safety in the present

The first element is EARTH. Feel both feet on the ground. Here and now.
Look around the classroom and notice three things you can see, hear, or touch.
Say them in your head. Feel supported by the chair. We call this feeling grounded.
We can feel the ground under our feet and the chair underneath us.
Other questions to help you notice the grounded feelings:
What do you hear? What do you see? Can you feel your clothes touching your body?