How do we want to feel today?

Grounding helps us connect our feelings to our actions and behaviours, so we can do more of what makes us feel safe, healthy, connected to others, and strong!

Think about how you want to feel, and then think what you can do to help yourself feel that way.

I want to feel:

1. Safe
2. _____________
3. _____________
4. _____________
5. _____________
6. _____________
7. _____________
8. _____________
9. _____________
10. _____________
11. _____________
12. _____________
13. _____________
14. _____________
15. _____________
16. _____________
17. _____________
18. _____________

I will:

1. Ask for help when I feel anxious
2. _____________
3. _____________
4. _____________
5. _____________
6. _____________
7. _____________
8. _____________
9. _____________
10. _____________
11. _____________
12. _____________
13. _____________
14. _____________
15. _____________
16. _____________
17. _____________