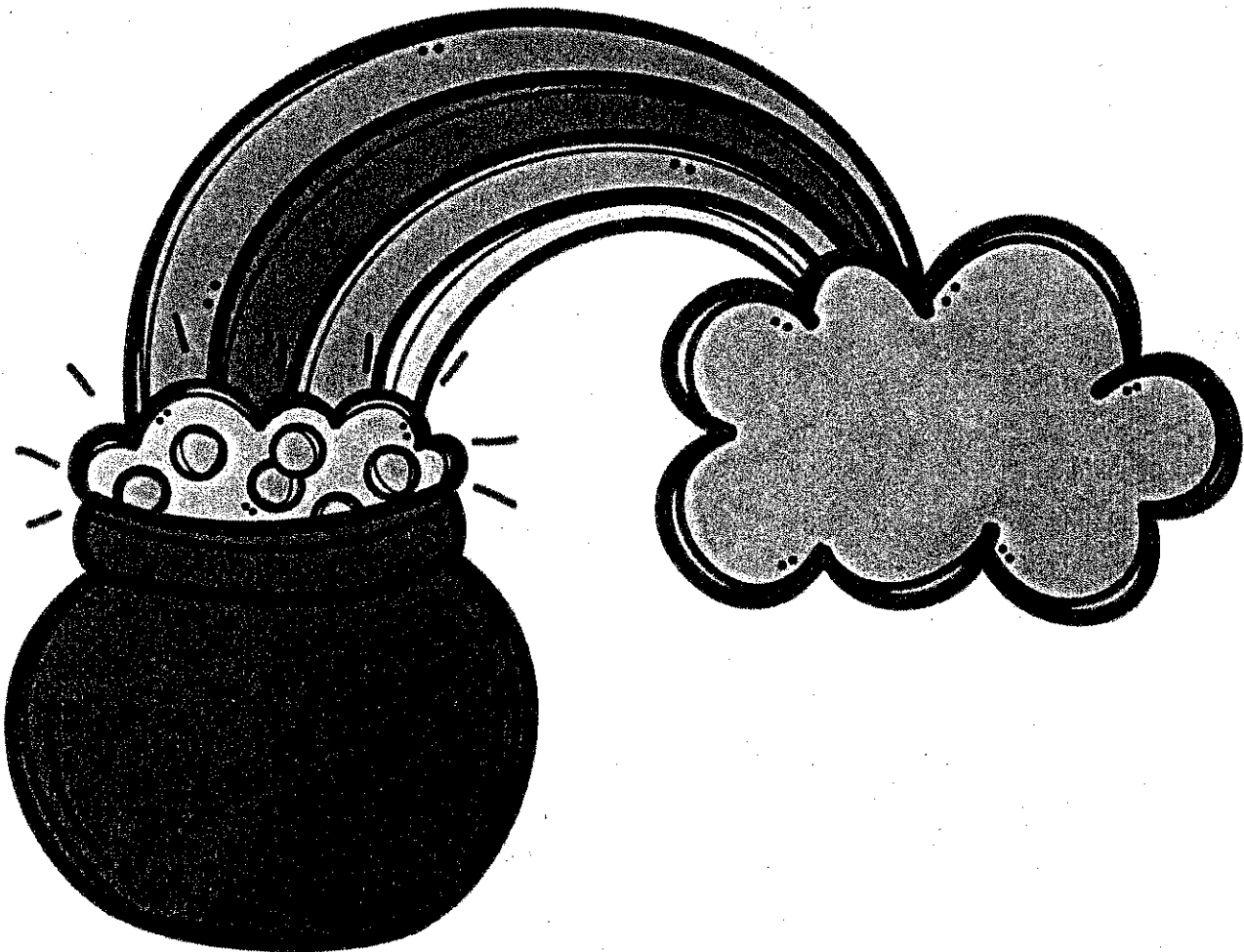


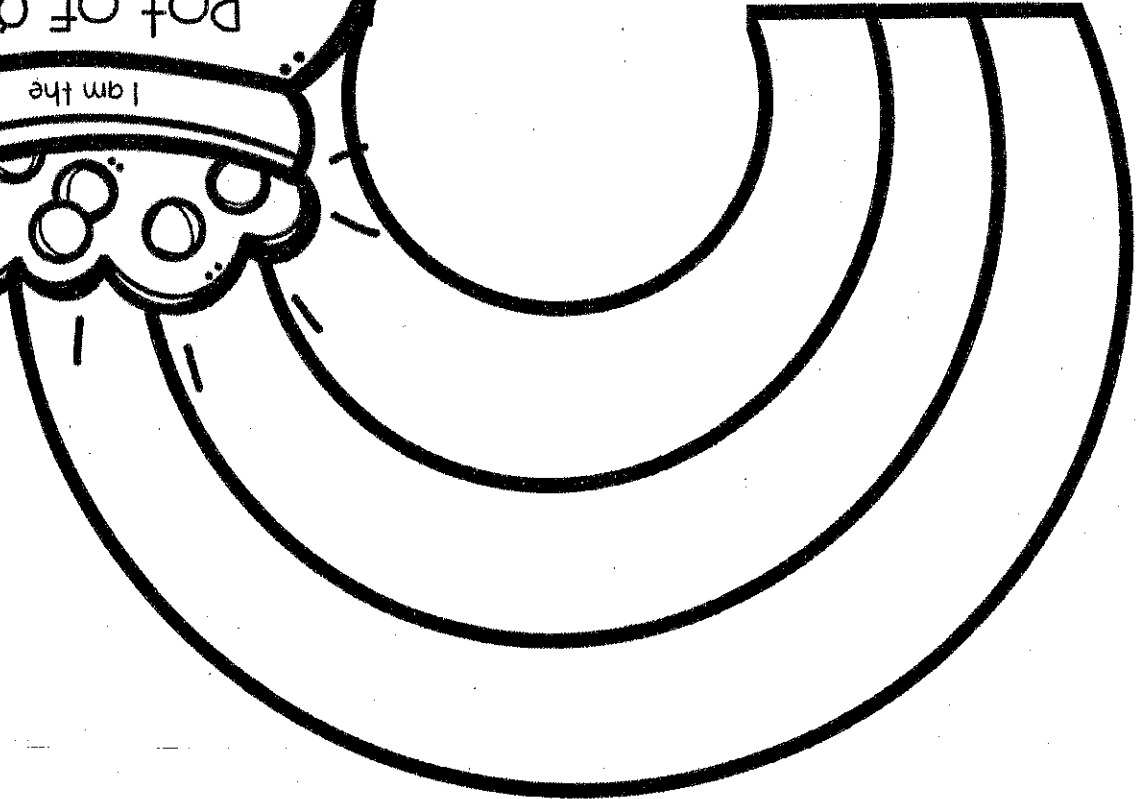
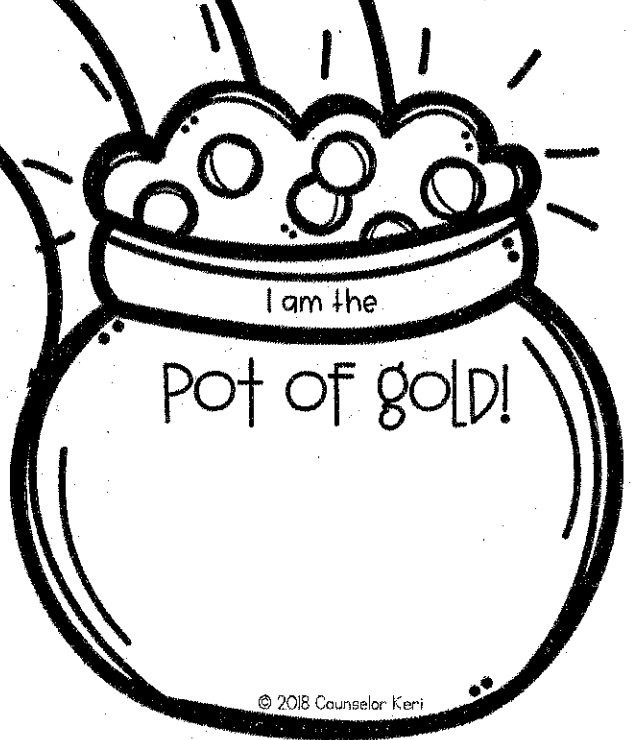
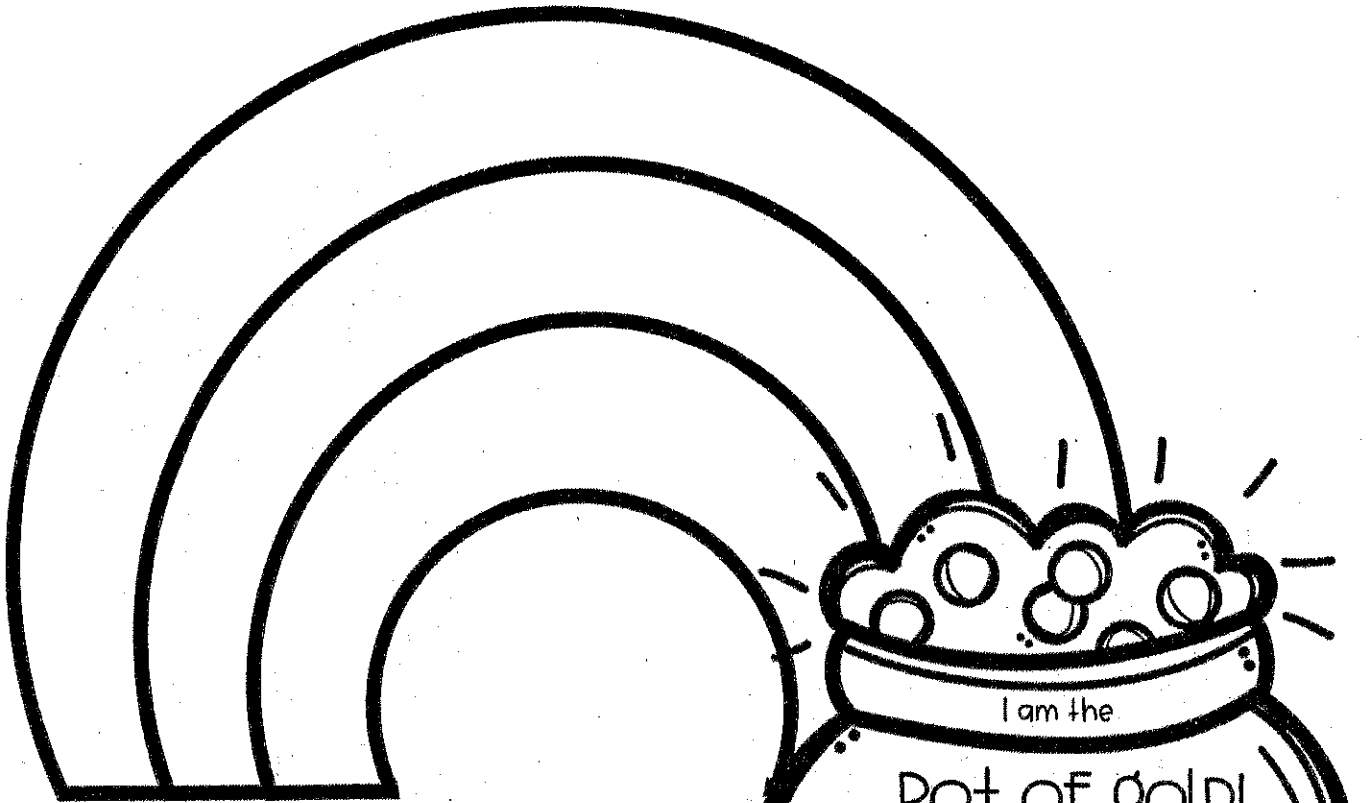
I AM THE POT OF GOLD!

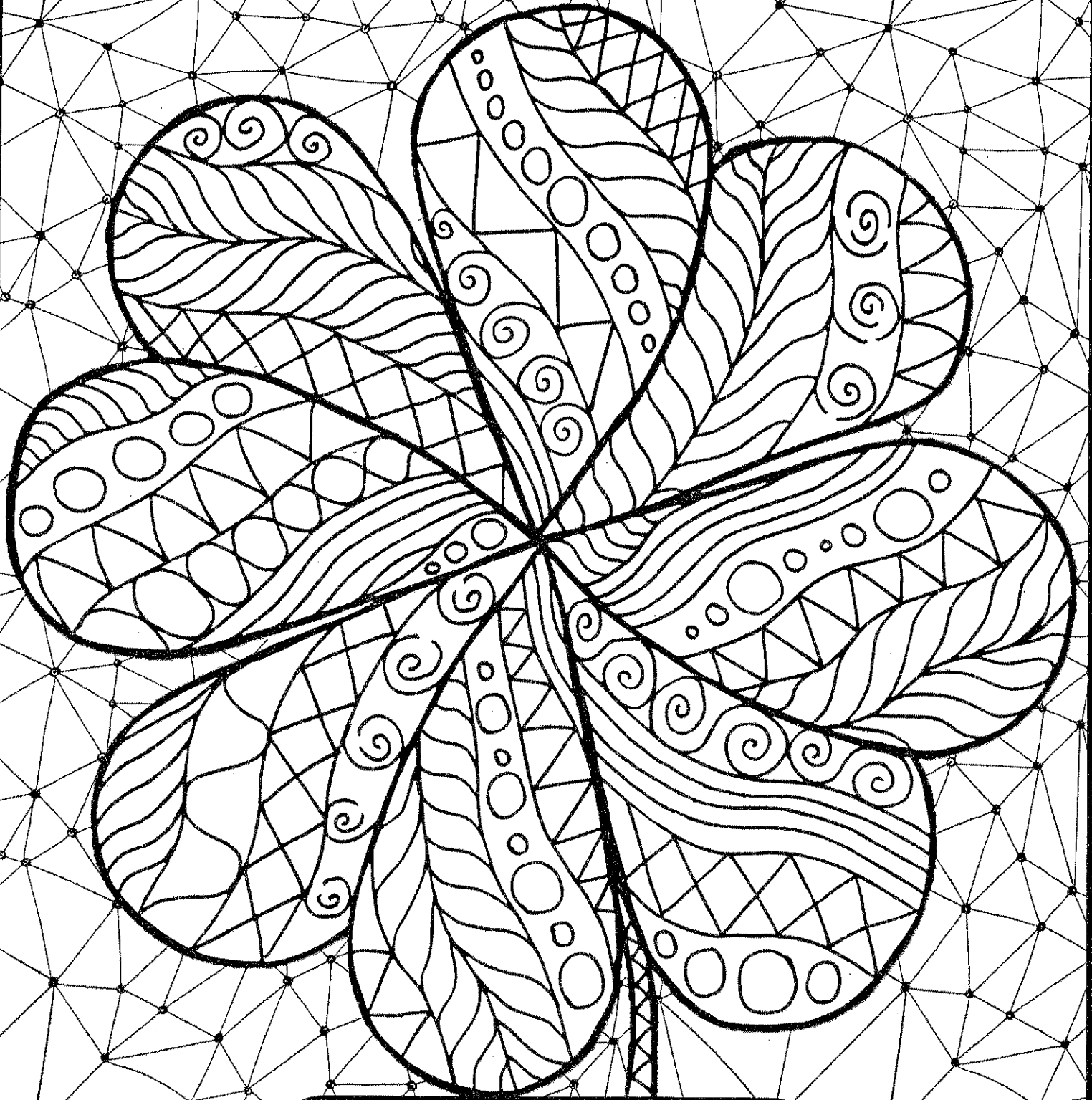
On the rainbow, students write reasons why they are amazing, valuable, worthy people! Then, they can draw a picture of themselves, write their names, or glue an actual picture of themselves on the pot of gold. These make beautiful bulletin boards!

If you prefer to use construction paper to make the rainbows, use the pot of gold printable. Students can glue their rainbow papers to the pot of gold.

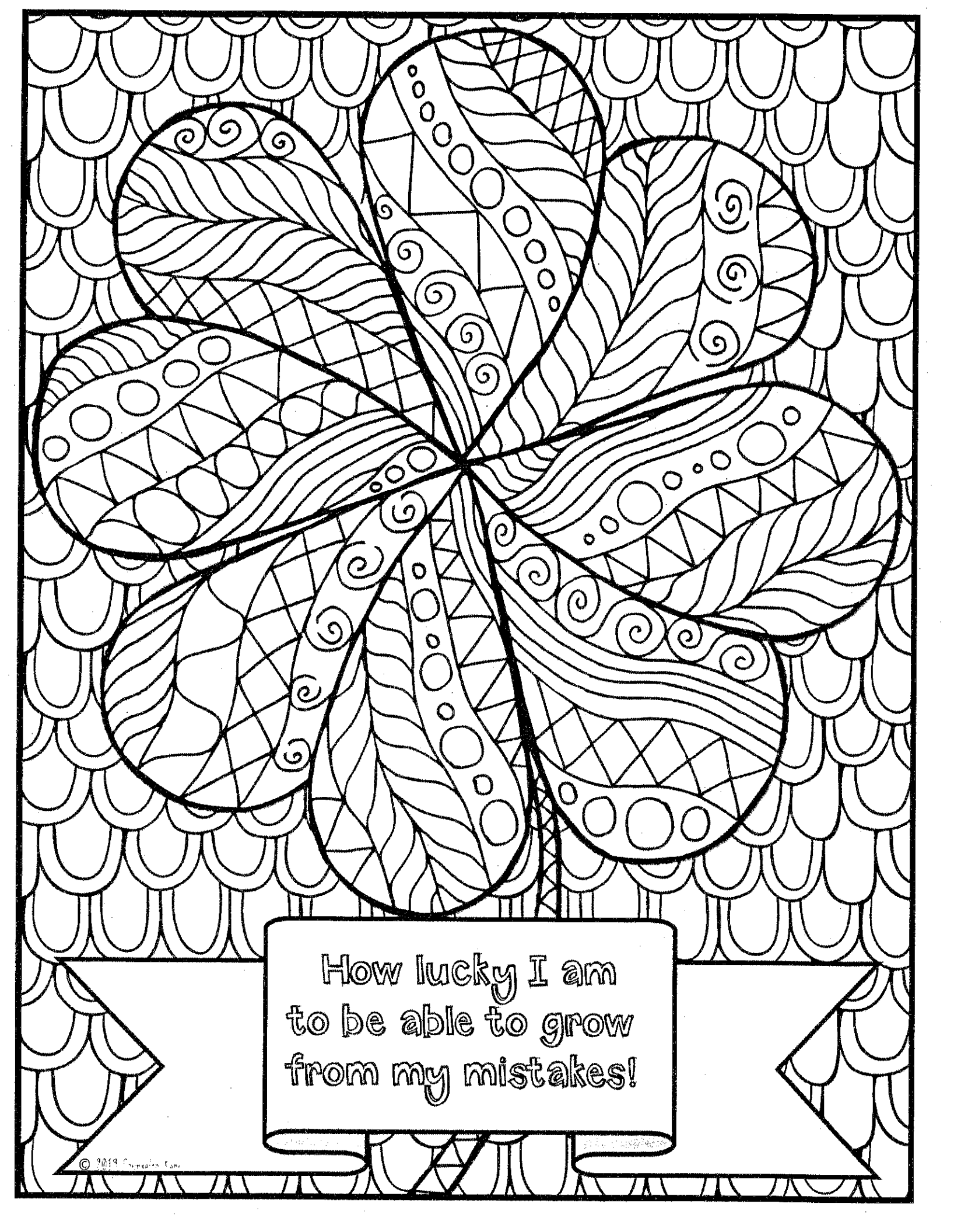




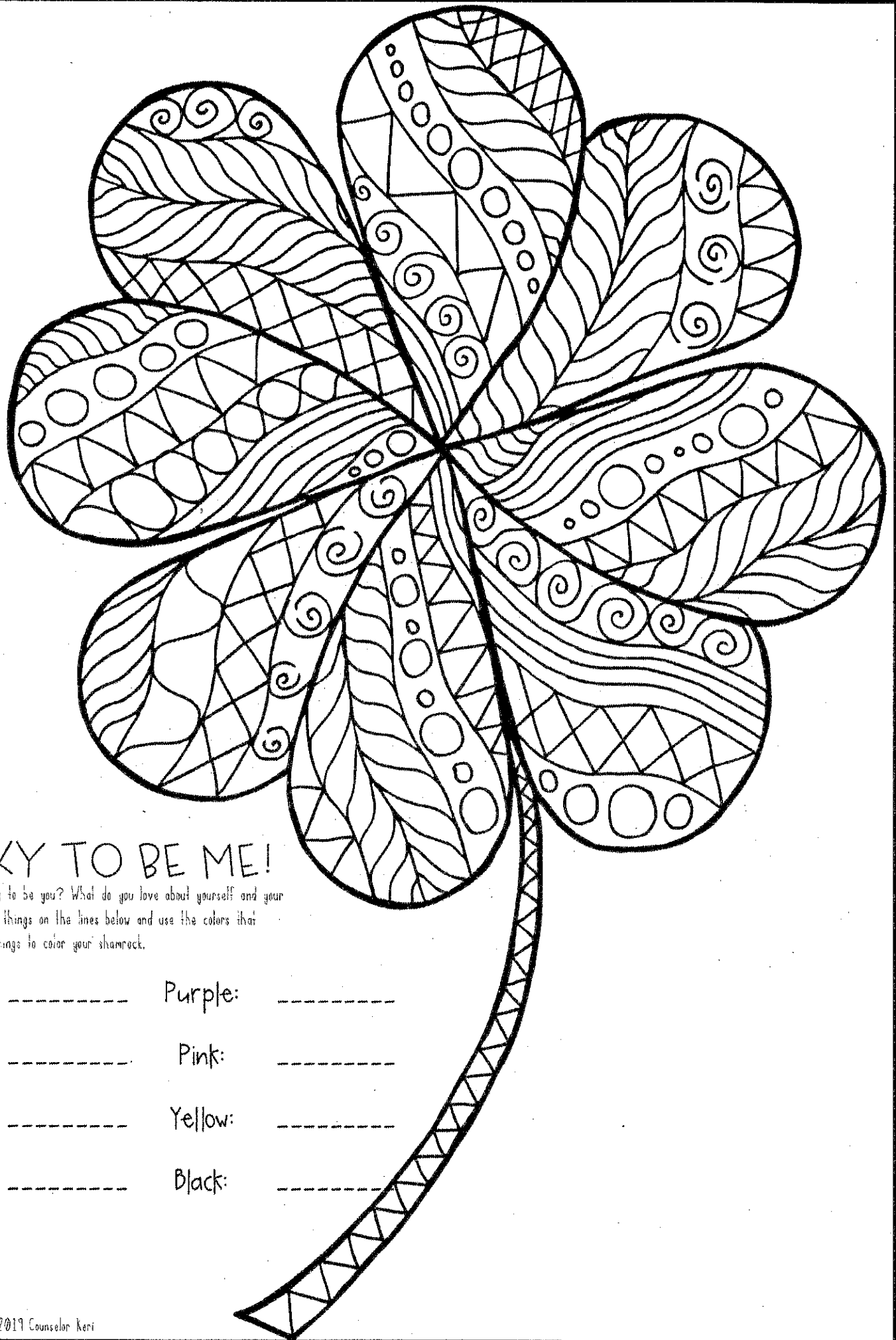




I am lucky to be
me because:



How lucky I am
to be able to grow
from my mistakes!



LUCKY TO BE ME!

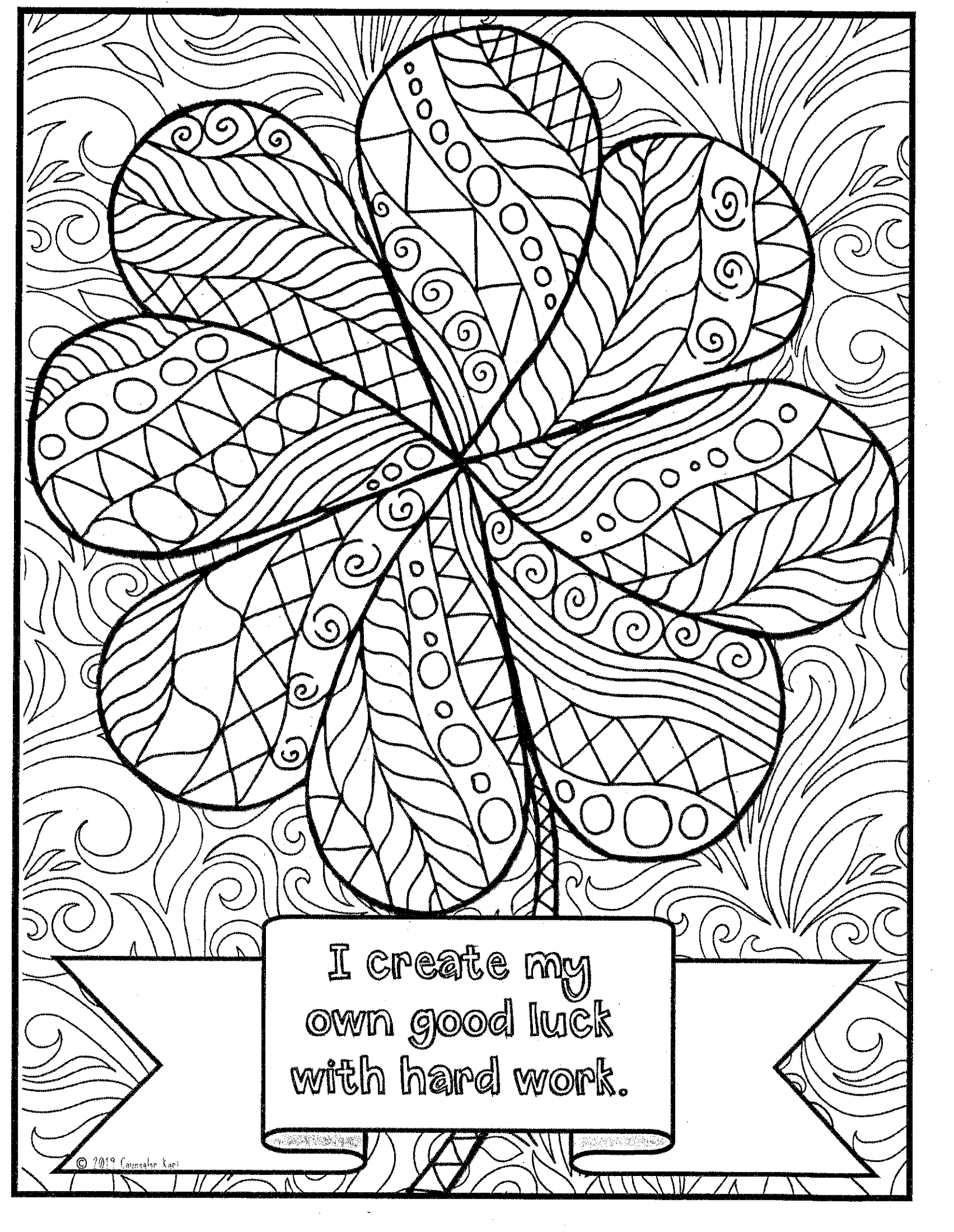
Why are you lucky to be you? What do you love about yourself and your life? Write those things on the lines below and use the colors that represent these things to color your shamrock.

Green: _____ Purple: _____

Blue: _____ Pink: _____

Red: _____ Yellow: _____

Orange: _____ Black: _____



I create my
own good luck
with hard work.

MY GROUNDING STRATEGIES



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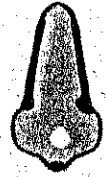
5 things I see



4 things I hear



3 things I smell



2 things I can touch



1 thing I taste



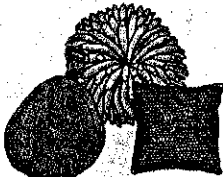
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5 colors I see

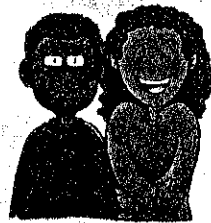


4 shapes I see

3 soft things I see



2 people I see



1 book I see



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SOMETHING I SEE THAT STARTS WITH...

A

B C D

E F G H I

J K L M N O P

Q R S T U V

W X Y

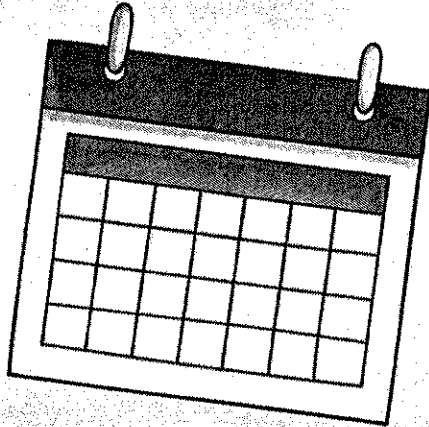
Z

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REORIENTATION

Get connected with the here and now. Say and finish these statements:

- My name is...
- I am in...
- Today is...
- The season is...
- The weather is...
- I am wearing...
- I can see...



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STOMP STOMP BLOW

Stomp your left foot.
Stomp your right foot.
Exhale deeply. Feel
your foot connect to
the ground. Blow away
the anxious thoughts.



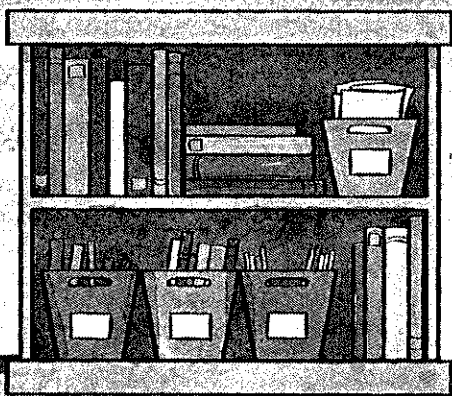
Stomp, stomp, blow.
Stomp, stomp, blow.
Stomp, stomp, blow.
Stomp, stomp, blow.
Stomp, stomp, blow.
Stomp, stomp, blow.

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ROOM SEARCH

Pick one category and find everything in the room that fits into that category. Here are a few examples:

- Find everything in the room that's green.
- Count the bricks on one wall.
- Find all of the squares in the room.



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MY GROUNDING STRATEGIES



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BE A TREE

I am firmly planted. I feel my feet rooted to the ground. My back is a strong trunk helping me feel stable in the moment. I feel my toes connecting with the ground. My arms are my branches. I feel them reach out into the world.



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POWER HUG

Tap your left hand on your right shoulder.
Tap your right hand on your left shoulder.
Squeeze yourself in a hug. Affirm yourself by saying, "I am present in this moment" (or create your own affirmation!).

Tap, tap, squeeze, affirm. Tap, tap, squeeze, affirm. Tap, tap, squeeze, affirm.



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OBJECT FOCUS



Hold an item in your hand. Put all of your attention on just this one item. Notice everything there is to notice about it. What colors do you see? What textures does the object have? Does it make a sound? How does it feel in your hand? How does it feel if you poke or squeeze it? Notice everything.

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I AM HERE



Trace your hand on a piece of paper. Press your hand into the handprint. Notice how your hand feels as you press. Feel your hand connect with the table. With the room. With this moment.

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