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54321 grounding technique handout

After a trauma, it’s normal to experience flashbacks, anxiety, and other uncomfortable symptoms. Grounding techniques help control these symptoms by turning attention away from thoughts, memories, or worries, and refocusing on the present moment. In this article, you will learn four powerful grounding techniques for managing the symptoms of trauma. For a printable or audio version of grounding techniques, see the following resources: Grounding Techniques worksheet Grounding Audio interactive tool 5-4-3-2-1 Technique Using the 5-4-3-2-1 technique, you will purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object. Categories Choose at least three of the categories below and name as many items as you can in each one. Spend a few minutes on each category to come up with as many items as possible. For a variation on this activity, try naming items in a category alphabetically. For example, for the fruits & vegetables category, say “apple, banana, carrot,” and so on. Body Awareness The body awareness technique will bring you into the here-and-now by directing your focus to sensations in the body. Pay special attention to the physical sensations created by each step. Take 5 long, deep breaths through your nose, and exhale through puckered lips. Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet. Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground. Clench your hands into fists, then release the tension. Repeat this 10 times. Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms. Rub your palms together briskly. Notice the sound and the feeling of warmth. Reach your hands over your head like you’re trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides. Take 5 more deep breaths and notice the feeling of calm in your body. Use mental exercises to take your mind off uncomfortable thoughts and feelings. They are discreet and easy to use at nearly any time or place. Experiment to see which work best for you. Name all the objects you see. Describe the steps in performing an activity you know how to do well. For example, how to shoot a basketball, prepare your favorite meal, or tie a knot. Count backwards from 100 by 7. Pick up an object and describe it in detail. Describe its color, texture, size, weight, scent, and any other qualities you notice. Spell your full name, and the names of three other people, backwards. Name all your family members, their ages, and one of their favorite activities. Read something backwards, letter-by-letter. Practice for at least a few minutes. Think of an object and “draw” it in your mind, or in the air with your finger. Try drawing your home, a vehicle, or an animal. References 1. Najavits, L. (2002). Seeking safety: A treatment manual for PTSD and substance abuse. Guilford Publications. After a trauma, it’s normal to experience flashbacks, anxiety, and other uncomfortable symptoms. Grounding techniques help control these symptoms by turning attention away from thoughts, memories, or worries, and refocusing on the present moment. In this article, you will learn four powerful grounding techniques for managing the symptoms of trauma. For a printable or audio version of grounding techniques, see the following resources: Grounding Techniques worksheet Grounding Audio interactive tool 5-4-3-2-1 Technique Using the 5-4-3-2-1 technique, you will purposefully take in the details of your surroundings using each of your senses. 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Pay attention to the sensations in your feet and legs as you make contact with the ground. Clench your hands into fists, then release the tension. Repeat this 10 times. Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms. Rub your palms together briskly. Notice the sound and the feeling of warmth. Reach your hands over your head like you’re trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides. Take 5 more deep breaths and notice the feeling of calm in your body. Use mental exercises to take your mind off uncomfortable thoughts and feelings. They are discreet and easy to use at nearly any time or place. Experiment to see which work best for you. Name all the objects you see. Describe the steps in performing an activity you know how to do well. For example, how to shoot a basketball, prepare your favorite meal, or tie a knot. Count backwards from 100 by 7. Pick up an object and describe it in detail. Describe its color, texture, size, weight, scent, and any other qualities you notice. Spell your full name, and the names of three other people, backwards. Name all your family members, their ages, and one of their favorite activities. Read something backwards, letter-by-letter. Practice for at least a few minutes. Think of an object and “draw” it in your mind, or in the air with your finger. Try drawing your home, a vehicle, or an animal. References 1. Najavits, L. (2002). Seeking safety: A treatment manual for PTSD and substance abuse. Guilford Publications. Self-Care Assessment worksheet Strengths Exploration worksheet Cognitive Distortions worksheet Anger Iceberg worksheet Worry Bugs interactive Boundaries Info Sheet worksheet Coping Skills: Anxiety worksheet What is the Cycle of Anxiety? video Core Beliefs Info Sheet worksheet Self-Care Assessment worksheet Strengths Exploration worksheet Cognitive Distortions worksheet Anger Iceberg worksheet Worry Bugs interactive Boundaries Info Sheet worksheet Coping Skills: Anxiety worksheet What is the Cycle of Anxiety? video Core Beliefs Info Sheet worksheet Grounding Technique: 5, 4, 3, 2, 1,--Coping Skillby This resource is helpful for those in the helping professions such as school social workers, clinical social workers, and teachers who are looking to help kids learn to handle stressful and overwhelming situations. This is a coping skill that can be taught to a group or individually. This skill is easy to implement and to understand, making it appropriate for all age levels, even adults.Grounding Techniques Flyerby Anxiety at times can become so overwhelming for students to manage. Here are three FREE flyers to post in your office or classroom to help students ground themselves when they start to feel anxious. These activities are great for students of all ages and are able to be completed while they are sitting in their chair and not disruptive to the classroom. Help students learn to manage their anxiety quickly so they can get back on track to learning!Grounding Technique Graphicby Help anxious kiddos to use their five senses in this grounding technique. Grounding is great for bringing you into the present moment- where happiness is! Anxiety comes from living in the present and depression comes from living in the past. Come into the now with this grounding technique. Visually pleasing, this graphic POPS! And can be used as a poster to decorate your therapy office or classroom, printed out and laminated for easy access, or shared digitally with clients and students to hArt Lesson: Pumpkin Printsby Relief printmaking techniques will be taught throughout the development of this pumpkin project. The students will create and print from an embossed surface and a collagraph surface as they develop the pumpkins and stems. In addition, object printing will be incorporated into the lesson as the students create subject matter which includes a pumpkin vine, leaves, and the grassy ground area. Printmaking terms and supplies will be introduced to the students through discussion and demonstration priPage 2The Barren Grounds Final Project Choice Board + Rubricsby David A. Robertson's "The Barren Grounds" is a fantastic novel to engage middle school students with Cree teachings and stories. It is the 2021 #GlobalReadAloud book for Middle Grades.This FREE and EDITABLE resource can be used at the end of your novel study. Students choose 3 activities to demonstrate their understanding of the characters, events, and themes of the novel.Four different rubrics are included:Proficiency Scale; final project + Parlay discussion questionsAchievement Scale (1-4); fiWriting slate using sky_grass_ground systemby Slates can be printed double sided and laminated. One side is a simplified stroke guide of the upper/lower case alphabet. The other side provides an erasable (using whiteboard markers) 'slate' to practice writing letters and words. The 3rd page can be blown up for groups to practice finger writing before hitting the books :) An introductory completely free handshake item available at: escMaterialsSubjects:Mindfulness Activity 1: 1,2,3,5 Grounding Activityby MINDFULNESS ACTIVITY 1:Grounding ActivityGrounding is a particular type activity that is designed to "ground" you in, or immediately connect you with, the present moment.When used in the classroom setting this can help your students calm down and be inthe present.Keeping students engaged in the classroom is a daily challenge, more so now in the online setting.As teachers, we are equipped with the arsenal of teaching materials that we can tweak into our virtual classroom. Here is a mindfulness acIce Age Mammals: Ground Slothby Dayton Society of Natural HistoryLearn some basic facts about the ground sloth! This packet contains multiple options for varied levels of instruction, perfect to support any unit or reading on Ice Age Mammals. **********Customer Tips:Use this resource to get TPT credit to use on future purchases!*****Login and go to "My Purchases"**********Beside each purchase you'll see a Provide Feedback button.*********Click it and leave a quickPage 3These posters illustrate the importance of your breath, and how it can ground you in the now, helping you cope with overwhelming emotions. When students start to notice themselves get carried away by strong emotions, these visuals will give students step by step instructions of how to weather a storm of feelings, get back to a state of calm, and help them recover from frustration. Display this poster in your classroom, on a privacy shield, in a take a break area, in your office, or wherever yourPage 4This icebreaker and Back to School activity is a great way for your students to get to know each other and begin collaborating! In this fun activity, students will be grouped together and will have to agree on or find common ground on one of the three topics presented in each slide. What's Included?Teacher DirectionsEditable Directions Slide to Students5 Editable and Engaging Topics SlidesTips & TricksAs it is an editable activity, feel free to make it your own by creating your own topics orAlphabet and Number Flashcards - Sky, Fence, Groundby Freebie 10/20-10/31/2014 Regular Price $1.50 Enjoy this set of uppercase, lowercase, and number 1-20 flash cards in the sky, fence, and ground format. Great for displaying on the writing center wall, laminating and playing upper and lower matching games, or using to help your students or child learn their letters/numbers.GROUNDING WORKSHEETby This resource is a great tool to teach students grounding techniques using their five senses. Print this out and place in a dry erase packet for multiple uses. I like to take this with me if a student is in crisis and they need to calm down.Grounding Techniques Flyerby Anxiety at times can become so overwhelming for students to manage. Here are three FREE flyers to post in your office or classroom to help students ground themselves when they start to feel anxious. These activities are great for students of all ages and are able to be completed while they are sitting in their chair and not disruptive to the classroom. Help students learn to manage their anxiety quickly so they can get back on track to learning!Welcome Back To The Grind K Cup Labelsby I printed these out on a 1in x 2 5/8in address labels and placed them on a K Cup (which still works perfectly in my Keurig! Yes, I tested it out...) to give to the staff on the first day back to school! #boostmorale I ordered a box of 80 K Cups from Amazon: oh_aui_detailpage_o02_s00?ie=UTF8&th=1 This can also be printed on regular paper, cut out, and used as a tag for so many other coffee gifts! Let me know what you think and how you use th{Freebie} Bible Quick Write- Types of Groundby This Bible Quick Write is for Luke 8:5-15. The purpose of this QW is to get students thinking about the four types of people that hear the word of God and which type they are. It requires zero prep. The download includes a teacher guide with suggestions for use and answers to the questions. The Quick Write could also be used by the teacher to facilitate a class or group discussion instead of individual worksheet. I hope this benefits your students!Types:Gift Label - "Back to the Grind"by Give your team or child's teacher a cute back to school gift! Fill a cellophane bag with a Keurig coffee machine K-cups. Print label on cardstock, fold on the line and staple your bag shut. If you don't want to use K-Cups, you can staple the gift tag to a bag of coffee beans. Inspired from a pin on Pinterest.Subjects:Mood with Music Videos - Dead Leaves & the Dirty Groundby My 8th graders struggle with the difference between mood and tone. I've found that having them explore mood and tone using music to be an effective way to make that concept more clear. This particular one is a win-win-win, because it introduces the students, not only to Mood and Tone, but also to some really good music!In order to use this product effectively, I do this activity after I have handed out a list of mood and tone terms. This gives them a specific list to draw from as they analyze thPage 5Grounding Technique Graphicby Help anxious kiddos to use their five senses in this grounding technique. Grounding is great for bringing you into the present moment- where happiness is! Anxiety comes from living in the present and depression comes from living in the past. Come into the now with this grounding technique. Visually pleasing, this graphic POPS! And can be used as a poster to decorate your therapy office or classroom, printed out and laminated for easy access, or shared digitally with clients and students to hMARIO Figure Ground worksheetby MARIO figure ground board for distance learning.Type in the number of each characters that you see in the box.All images are copyrighted and is used for distance learning purposes. mindfulness in mOTion, INC does not own the rights to these images. This document should not be replicated or distributed to generate any type of monetary profit.Subjects:Grades:Ground Rules For High Stakes Conversationsby This free resource presents 7 ground rules or norms for conversation when leading high stakes or difficult conversations. Here Are The Conversation Norms - 1. It is normal to experience discomfort in the face of complex discussions.2. Speak in the “I” perspective.3. There is no quick fix.4. It is okay to not have all the answers.5. Step Up and Step Back.6. Intentions are irrelevant. Outcomes are Essential.7. Other people’s experiences are not yours to share.I've found a lot of success leading dGrounding Checklistby Strategy for Students who need to be re-centered in the present moment. This is a strategy that can be taught to students in a social and emotional learning class or to just have in the classroom if there are students who need to take time to get calm in the classroom setting. *Recommendation: Have the students list an adjective with each item they list.*This is the first lesson of the Ground Floor Writing: Narration instruction program. Contains the rationale behind the lesson, step-by-step teaching instructions, two class worksheets, and one extended-practice worksheet.Above-Ground Storage Tank Design Projectby This activity is part of a full unit. At this point in the unit, students have learned about Pascal's law, Archimedes' principle, Bernoulli's principle, and why above-ground storage tanks are of major concern in the Houston Ship Channel and other coastal areas. In this culminating activity, student groups act as engineering design teams to derive equations to determine the stability of specific above-ground storage tank scenarios with given tank specifications and liquid contents. With their floThe Fighting Ground Vocabby Vocabulary to be used with the novel The Fighting Ground. Definition is given in this version; students are to find the page # the word is found on, give an original sentence showing the meaning of the word, and draw a picture showing the word meaning. This version could be used for special ed students; general ed version can be created by removing the definition and having them look the words up in the dictionary. This work is licensed under a Creative Commons Attribution-NonCommercial-ShareGround Floor Writing: Persuasion (Sample Lesson)by Here's a free download so you can get a look at the structure of a Ground Floor Writing lesson. This one deals with the concept of circling in persuasive writing. All Ground Floor Writing lessons feature the same components, and the lessons take the student writer through smoothly sequenced instructional steps that lead to a solidly crafted piece of writing. As a teacher, you receive step-by-step instructions and all the rationale that you need to help your students understand the ins and outs.Page 6In November of 1972, off the coast of Alaska during a violent storm, the Coast Guard Cutter Jarvis ran aground, causing substantial flooding. The next day while attempting to sail home to Honolulu, the ship was struck again, by a more vicious storm, filling the engine room with 13 feet of freezing water and disabling the engines. If help does not arrive soon, the ship will be destroyed. This is the story, largely unknown, about the near-disaster incident and the heroic efforts that saved the sPage 7Place these on your classroom ground so students are able to "Walk" the numbers from 1 to 100! I am going to print the multiples of 2, 5, 10 on different colored paper so students can see them. Once we master, 2, 4, 6, 8 etc, we will begin counting by 2's at 22, 30, 38.Page 8 1:18Factors of 16 - Teaching Division Using LEGO® Bricksby Visit www.brickmath.com for more information about this ground-breaking new series by Dr. Shirley Disseler about teaching division using LEGO® bricks. Dr. Disseler thinks there’s no such thing as a student who is “bad at math." They just need to be taught using techniques that are “good for teaching.” Her activities work for teachers in the classroom, as well as for parents who need a way to help their kids with homework. They are perfect for a homeschool curriculum, and for both remediation aForeshadowing Mini-Lessonby Designed for the Common Core from the ground up, our lessons are designed for maximum student engagement. In this mini-lesson, we define foreshadowing, exemplify it through motifs in television in movies, ask students to collaborate to come up with their own examples, evaluate the examples of other students. Then we do close-reading of Romeo and Juliet and ask students to work together to identify foreshadowing within the excerpt. This work is licensed under a Creative Commons Attribution-NoThe 5 Ls of Listening Posters Freebieby Such a useful resource for setting up ground rules at the beginning of the school year for listening. Use these posters to continually reinforce this important classroom skill. Use in conjunction with The 5 Ls of Listening - A Robot ‘Read It Together’ Book. Please let me know if you would like any changes made. Email: cfraser@avondaleschool.nsw.edu.au Love having you stop by! I will so muSubjects:Give me FIVE!by Help students experiencing heightened emotions with this "Grounding" calming technique!Identify:- 5 things you see- 4 things you feel- 3 things you hear- 2 things you smell- 1 thing you tasteEven though you don't receive TPT credits, please leave feedback!Spooktacular Scenes from a Witch Hat - Play-Ground Theatre is happy to share this hilarious FREE Halloween activity download. Including: 25 scenes with Halloween themes that ignite imaginations and add more creativity to your classroom. Students choose a partner, reach into the witch hat and select their scene to perform for the class. You can create original scenes too. For more information about PGT creative education products, go to www.playgroundtheatre.com. Enjoy and Happy Halloween!Subjects:Types:House of Godby This is a class project to discuss the ground rules and set the stage for your upcoming year. "House of God" is what it will spell and each letter stands for something (i.e. H = honesty, G = good behavior). Each student can decorate a letter to depict what they believe their letter represents. I then have each student explain to the class what they drew or how they decorated it and then what it means to each of them.Count & Color 1-9by This worksheets will give your Kindy kids a thorough grounding in the numbers 1 - 9. Use as individual worksheets or make up as a book.Please let me know if you would like any changes made.Email: jigsawrisa@gmail.comLove having you stop by!I will so much appreciate having your feedback! :)Don’t forget feedback earns you credit points towards your next purchases!Types:Page 9These printable activities are for predicting and recording whether the ground hog see his shadow. It also includes SIX activities including a hat to color, a color/cut puzzle, prediction materials, groundhog day weather report to fill in, roll and color number recognition game and shape shadow matching activity. Groundhog’s day, groundhog’s day printables, groundhog’s day activities, preschool printables, kindergarten printables, preschool groundhog’s day activity, kindergarten groundhog’s daPage 10Science Fair Project Starter Guideby This FREE starter guide will help get your students off the ground and rolling with the science fair! It starts with a science project proposal form, and then moves the steps of the process of the science fair. It has directions and an example for students on how to write the purpose and the hypothesis before the experiment. The directions and examples for each step will greatly help your students get started and stay focused throughout the process!This also includes a PPT that is an overview oPercentages | Skills Posterby This is a Skills Poster that is designed to set the grounding for a basic understanding of Percentages and how they work. This poster is meant as a complimentary aid and is to be used with other learning materials. It is a simple visualisation of percentages. Many posters and learning aids show how Percentages work in comparison to other ways of dividing and measuring. There are very few visual aids dedicated to the concept of Percentages first and foremost before comparing it to other ratio me2022 TAS Term Planner | Botanicalby A handy term planner for Tasmania with a cute botanical back ground. If you like this resource please follow me and leave a review.If you notice a mistake in this resource please contact me so that I can fix it ASAP for you and for others! Follow and contact me on instagram: mrsshawsclassroom :)2022 VIC Term Planner | Botanicalby A handy term planner for Victoria with a cute botanical back ground. If you like this resource please follow me and leave a review.If you notice a mistake in this resource please contact me so that I can fix it ASAP for you and for others! Follow and contact me on instagram: mrsshawsclassroom :)FREE Mandala Colouring Sheetsby 4 FREE Mandala Colouring SheetsColouring is a very calming and grounding activity and can work to help us feel more in control and settled. These colouring sheets are made with reasonably thick lines with varying sized spaces/gaps, so they are more suited for children, adolescents and young people.Enjoy :)Website: Youth Intervention Centre Website Facebook: Youth Intervention Centre Facebook pageInstagram: Youth Intervention Centre InstagramSummer 2020 Follow-Upby With the 2020 Fall school year starting off on such uncertain grounds, it is even more critical to work on building relationships with students to let them know that you care about them. This resource will help you be able to check-in with your students at the beginning of the year and hear about how their summer went. All you need to do is personalize the section where it talks about your summer and it's good to go! If you like, you can send this out to your students prior to the first day of sABC Brochureby This ABC Brochure allows any grade level teacher to set some ground rules and procedures for the running of your classroom, in an easy, go-to, editable brochure that parents can hang on their fridge or carry with them. Hand it out at parent night or open house at the beginning of the year to make for a smooth and unified communication tool from the start!Taping the Stage Made Easyby Annalise's South African Store Is taping the stage giving you a headache? How to explain ground plans, scales, coordinates? How to add a fun and easy exercise to the lesson? Look no further! This easy to follow step-by-step procedure, illustrated with a labelled and annotated example will ease the pain!Grades:New Years Counseling Activity: "My 2022 Anchor"by What is an anchor? It is something in life that keeps you grounded! Have your students learn about what an anchor is with a short video and then have them identify their own anchors with the free digital or printable worksheet. While they are hearing about "New Year's resolutions" from every direction, have them do something that will take care of their mind and heart and keep them grounded!What's included:A short (1:26) video that explains what an "anchor" meansCOLOR PRINTABLE My Anchor WorksheLetter Hole Punchby This activity works on fine motor skills, bilateral coordination, crossing midline, object ground, visual motor integration, motor planning and letter recognition.You can have the child punch out lower case letters, uppercase letters or dictate letters to work on visual memory. Check out more fun activities!Rainbow ZonesEat A Gingerbread ManSanta's ZonesZones of Regulation Hole PunchChristmas Zones of RegulationSensory/Social Warm-upHandwriting Sentence StartersPage 11Parts of a Landscape Quiz, Worksheet, or Exit Ticket.Vocabulary: foreground, middle ground, background, and horizon line. Students use lines to draw areas of their landscape, the label a, b, c, or d.Page 12I don't know about you, but every year around this time my closet becomes Ground Zero for Christmas Present stashing. At the same time, my children seem to come up with the most amazing excuses of why they need to go into my closet (ie. I forgot my brush in there, I need to use the mirror, Can I look at your clothes?!) This year, I developed a simple reminder for them to STAY OUT! They really are good kids, but a little helpful sign to keep me from repeating myself 1,000,000x would be nice. So,Page 13The history of pen clipartYou'll get: 10 png+jpg & black white 10 png+jpg1 ground stone for cave painting, 2 cuneiform stick 4000, 3 reed brush ancient Egypt 3000 BC, 4 stylus for wax tablets 1300 BC, 5 Chinese bamboo brush 105 year, 6 goose feather 600 year, 7 slate pencil 1790 year, 8 fountain pen 1803 year, 9 capillary pen 1844 year, 10 ball pen 1938 YearSize one image about 6 inch by 4 inchFor personal and small commercial use.You might like it:All cliparts story of thingsThe history ofPage 14Easy to follow directions, using right brain drawing techniques, showing how to draw a Santa composition, using foreground, mid-ground, and background.Visit my You Tube Channel: Patty Fernandez Artist for over 500 FREE videos that integrate the Visual Arts with other content areas you teach in a regular school day.Share my You Tube Channel: Patty Fernandez Artist with your friends, school, and District!And for sure Become a Subscriber!Page 15In this FREE do now students respond to the following request, "Billy gets in an elevator 10 feet above the ground. Each second, s, the elevator gains 5 feet in elevation. Write an equation for his height, h, s seconds after getting in the elevator." They are given four multiple choice answer to choose. Two pages technically, the second page is just the answer key, one answer. The first page is this problem split up four times with a dashed line in between to aid in cutting the paper. This willPage 16June 2021 Calendarby A June calendar for children to color. You have the option to type directly onto the calendar birthdays/holidays. A cute play ground scene.PLEASE NOTEAll designs are the property of 123 Learn Curriculum are strictly for personal use only in your child care or preschool. You do not have permission to redistribute these files or documents for commercial use. Sharing these files with a third party is prohibited. Thank you!DELIVERYOnce payment has cleared, you will be able to download your file immeUltimath Whiteboardby With the Ultimath Whiteboard, teaching and learning using the model method has never been easier. The Whiteboard has been designed from the ground up to be used for the model method. It's interface is clean and simple, and tools and features are kept to a minimum. With less clutter, the focus is on learning and understanding of the model method. For only a price of $3.99 per month, it's a good deal.Subjects:Physical Science Free Fallby To create an animation demonstrating how gravitational mass and inertial mass cause two objects of varying weight and size to hit the ground at the same time in a free fall drop. Modifications available for K-5 and 9-12 Required: • Computer (Mac or PC) • USB Webcam • SAM Software (Now known as HUE Animation) - For a Free download visit www.icreatetoeducate.com/free/?ref=tptSubjects:Heavy Work For the Classroomby Here are some quick and easy heavy work activities to implement into your classroom routine. Heavy work is a sensory strategy that encourages grounding and regulation, necessary for learning and attention. Try these activities for students that are over-aroused or under-aroused. And as always, have fun! -Mikki OTSubjects:Count Down to Calm: Printable FREEBIEby Add this SEL strategy to your students’ emotional toolbox!8.5x11” full page color printable for visualizing the 5-4-3-2-1 grounding strategy, a common technique for calming anxiety: 5 things you can hear, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste (or the last thing you tasted).Clear visuals when printed in either color or B&W to display in your classroom or hand out to students to keep in their binders or notebooks.Teacher Notes included001: HIDE AND SEEKby Was it just another game of hide and seek? No. It was not. First she fell into a deep, dark hole in the ground and then they found a treasure. Did it end there? No! It did not. Read more about this thrilling adventure of Sally and friends in this free illustrated kids’ book. The fun never ends when Sally’s around!001: HIDE AND SEEK002: GINGER THE GIRAFFE003: DOING MY CHORES004: ABE THE SERVICE DOG005: SUNNY MEADOWS WOODLAND SCHOOL006: TOOTH FAIRY007: HAMMY THE HAMSTER008: THE CASE OF THE MISSINGPrinting Linesby These lines are created for students to hone their printing skills while maintaining awareness of letter spacing. Using the sky (blue line) and ground (red line) analogy from Handwriting Without Tears, students are visually cued on where to properly form their letters!Happy printing!Subjects:Number flashcards 1-15by A set of colourful flashcards that could be displayed around the classroom, cut out to mix and match, flipped upside down on the ground to play a memory game or hidden around the place for a number hunt! This could serve as a great revision or learning tool to engage your children in various ways. Further suggestions/ feedback are welcome. Enjoy!Types:Playground Photo Treasure Huntby This is a MSWord File so it is editable to your needs and your school. You need to take photos around your school grounds and insert them into the table. The students can play the game solo or in teams. Each team gets a page and they need a pencil and eraser. They are given about 30 minutes, depending on the difficulty of the pics you have inserted. First team or student to complete the page wins. This has been used successfully for ESL 3rd graders and 6th graders. For lower level English speakHistorical Geology Lab Manual - Pamela J. W. Goreby Description Of Historical Geology Lab Manual : This lab manual is accessible to science and nonscience majors and also provides a strong background for geology and other science majors. Concepts carry over from one lab to the next and are reinforced so that at the end of the semester, the students have experience at interpreting the rock record and an understanding of how the process of science works. FeedbackIf you are satisfied with the product and Our service please give us a positive feedbGrades:0Canada: Physical Landscapeby CANADA FROM THE AIR SERIES (#220)Fifty representative images illustrate Canada's major physiographic regions in this PDF presentation. Geovisuals presentations use a combination of ground level photography, oblique low-level air photography as well as topographic map segments, all accompanied by readily understood descriptions of the image content. Low level oblique air photography is central to the “Canada from the Air” series. In low-level oblique photos, individual items are readily identifOT WINTER ispy #5 - search, find and count activity! INCLUDES 2 VERSIONS: 1 EASY and 1 HARDWorks on visual perceptual, visual scanning, figure ground skills, in addition to counting and practice writing numbers on the 2nd page! Fun and engaging way to motivate your kiddos to work on all of those skills using bright color pictures!Can be used with screen share for tele therapy OR in person therapy!PERFECT for Speech therapy, occupational therapy, and special education or general education classroPage 17Colorful printing paper uses a blue top line for letters that touch the sky, a green bottom line for letters that touch or fall below the ground, and gray spaces between writing lines to visually separate writing fields. Built in check list at the bottom helps students check for capitals, punctuation, spacing, letter formation, spelling, and if the sentence makes sense.Page 18This guide is for parents or teachers to expand on the picture book Grumpy Groundhog by Maureen Wright, illustrated by Amanda Haley. It contains pre-reading questions, Ground HOg Day discussion, make your own groundhog dough activity, make a burrow activity, printable rhyming activity, vocabulary, printable maze and printable coloring page. About the book: It’s Groundhog Day, and everyone is gathered to find out if it’s time for spring. But Groundhog does NOT want to leaPage 19Do your students need a grammar skills tune-up? Or, maybe they are really rusty and need a complete overhaul? Or, perhaps you need to build grammar skills from the ground up! Whatever the job is, the Monkey Mechanic can help! This lesson is designed to help build, tune-up, and overhaul your students’ understanding of the most basic part of the sentence: the subject. Included in this lesson: PowerPoint Presentation. The PowerPoint is a fun, easy to follow, visually dynamic and interactivPage 20Littering Pledgeby A simple poem to help teach the importance of keeping our Earth clean. Students can pledge to become a "litterbug buster" and help clean up the school and the school grounds.Divorce Procedure In Pakistan - Best Lawyer In Lahoreby Contention of counsel for defendant in case of divorce procedure in Pakistan was not legally tenable, because; the plaintiff not only sought the decree for dissolution of marriage on the ground of Khula in Pakistan, but she had also pleaded for divorce procedure in Pakistan on other grounds, i.e., non-payment of dower, neglecting to perform marital obligations for more than 3 years; and not providing maintenance for more than 2 years; and also that the defendant had contracted a second marriage.Assignment Doerby How often have you thought of answers to the inquiries above? We are certain that you have considered enlisting somebody for this reason a few times. This is on the grounds that we get numerous requests that are labeled as "would i be able to pay somebody to compose my exposition for me?" as scholastic composition assignment isn't so basic and everybody needs some help and direction to satisfy this undertaking. Lost and Found Labelby This is a perfect classroom management tool for your classroom. Once you teach students about the lost and found bin students will quickly become independent on putting things found on the ground in the lost and found bin or going straight to the lost and found bin to find a missing glue cap.Enjoy!Taylor :)Subjects:Types:By the end of the year, both students and their teachers are tired, plum tuckered out. So there’s no surprise that none of the above entities want to continue the daily grind, the regular set of assignments and wouldn’t mind changing the interactions with each other.This EDITABLE END OF YEAR STUDENT SURVEY product can be used to access the year from students' perspectives. Indeed, this FREEBIE has a 3-page worksheet with a black and white version to help teachers and students wrap up the academiTake Your Drawing to the Nex Levelby Introduces Simple Perspective Drawing to beginning students.Video demonstrates how to use OVERLAPPING to increase the sense of 3-dimensional space in a stick figure drawing. Explains fundamental art terms like "ground plane", "horizon line", "foreground", "middle ground", "background", and how to use these elements to make a drawing look real.Subjects:0FREEBIE Search and Findby Grab your favorite mini erasers or manipulatives, a sensory modality, and this fun freebie! It works on so may skills at the same time.* Visual Scanning* In-hand manipulation skills*figure ground skills* color, shape, letter, number identification depending on manipulatives*handwriting skills*fine motor skillsGreat to use in therapy, as centers in regular education and special education classes.Initial Explorationby Explore the principles of design by creating four compositions using the two or three letters from students' initials. Goal is to explore the relationship of positive and negative space (figure and ground) as well as the underlying connotation of the principles. **Handout can easily be re-formatted for use as a collage, illustration, motion or sculpture project** 10:12This 10 minute video teaches students how to make a delicious one dish meal, often referred to as Shepherd's Pie. Includes safety and sanitation tips, chopping an onion, browning and draining ground beef, and baking a casserole. This is a popular cooking lab in my middle school kitchen. My cooking groups pair up; one group makes the meat and veggie mixture while another group makes the homemade mashed potato topping. The casserole is assembled and refrigerated overnight. On second day, theLow-Stakes Writing R.O.I.by Ever consider using free-writing as a discipline? Here's an introduction to a simple, student-managed, easily graded, writing exercise that can improve clarity, coherence, & community in online and on-ground classrooms. During the pandemic the returns on investment were apparent within the first week!Drone Club Resources FREEby In this free bundle you will find a list of activities, or missions, for your coding club. These were written for use with drones, but can be easily adjusted to work for ground robots too. Step your students through the missions that gradually increase in difficulty. Use the Mission Planning page for students to make notes and record data as they plan to complete the mission!This lesson plan focusing on listening and critical thinking, has all the elements you need for a 15-20 minute introductory activity to become familiar with the tune Smooth Talkin'. This is grounded in the National Core Arts Standards for Music Performance.We started PlayTheGroove to help aspiring musicians play better, learn faster, and have more fun. We’re a group of professional musicians and educators who remember the uphill struggle of trying to learn an instrument in a school ensemble. WeShape Scavenger Huntby Teaching With a Latte HeartThis shape scavenger hunt is based on Kindergarten and 1st Grade standards. After teaching my students what the shapes look like, I take my first graders on a scavenger hunt on school grounds and have them observe different shapes in their environment. However, to modify for COVID, I am hiding certain objects around the room and nearby hallway for the students to find. Let me know if you like the product or if you have any questions, comments, or concerns!Page 21Great activity that your littles can do during the summer while social distancing and bored! Print them out, laminate them and then hide them! Invite your families to come to your church grounds and find these 20 bears hiding outside! They could be in the trees, under bushes, in the windows...anywhere!! :) ----------*I've created over 50 religious games for kids/youth – here is a blogpost explaining each one. I’ve also written 11 ReligHandwriting Practice Freebieby Handwriting template that help students develop an understanding of where letters should be formed. A great way to describe lowercase letter formation: letters in the "grass" letters in the "sky" letters in the "ground" Students love this colorful practice sheet, especially when we put it in a sheet protector and use dry erase markers of all different colors. For a complete alphabet, mini number lines, and more take a look at the full set!Subjects:Reading Blends - BL, PL, CL, SL, GL, FLby Phonics Practice that includes flashcards as well as reading exercises for the following blends: cl, pl, gl, fl, sl, bl. These cute and colourful sheets can be used to practise these sounds in grounds or individually.The Giver Chapter 1 Quizby This short quiz will allow you to check students' comprehension of Chapter 1 of Lois Lowry's "The Giver". There are two multiple choice questions and one short answer question that requires students to ground their answer in what the text says. Because the questions address the major ideas of the chapter, they can be used as starting points for further discussion. If you like this quiz, check out my The Giver Individual Chapter Quizzes 1-23 which features a quiz for each chapter of the book!Apple Counting Playdough Mats {Fine Motor Activities}by Use these fun apple activity mats for counting and math activities - use them with playdough, dry erase markers or math equipment. Students roll play dough ball apples (up to 10) to put on the ground under the apple tree. They can say the simple rhyme as they make them. This activity is encouraging many dough skills that will help your students five motor strength. Students will also naturally explore number and quantity as they manipulate and test-out their play dough to fit the rhyme. This parounding number posterby This is a poster for display in classroom. It provides a visual for students who are learning rounding. There are balloons with numbers attached to the end. Numbers that round down remain on the ground, numbers that round up are floating up to the next ten.Pocket Chart Rulesby This file contains 6 rules and numbers to use in a mini pocket chart. -Always be READY to LEARN! -Use optimistic language and kind words. -Be safe by walking and keeping feet on the ground. -Take care of the school, your belongings, and the belongings of others. -Settle differences peacefully together. -Show respect to every student and adult.Grades:Comparing Integersby Display the dinosaur picture and have a class discussion comparing the depths of the dinosaur fossils. The students could draw an illustration of where the bones were placed when they were found under the ground.The 3 Little Pigsby Exploring the 3 LItle Pigs Mathematically Designed for mathematically advanced 2nd & 3rd graders, 4th graders and 5th graders who need more practice. Stimulate students mathematically by adding a new twist to the daily math grind! These rotation cards can be printed, laminated and used year after year. Use with one student, a group or the whole class. 5 cards covering basic math concepts are included as well as suggested literature that can be incorporated as desired. Also included is anMindful Meadow Activity & Coloring Bookby Sometimes when we are feeling busy, stressed or overwhelmed, we need a gentle reminder to cultivate connection and calm in our environment. This coloring & activity book will help all ages do just that. From grounding, to breath work, yoga and other mindfulness activities, you can color each page and be reminded of the peace and serenity of reconnecting with yourself and the world around you.These activities are suitable for children as young as pre-k with the assistance of an adult, up to aBuilding a Story Graphic Organizerby Do your students stare at their blank papers when trying to write a narrative story? Students will find narrative writing achievable with this graphic organizer. All they have to do is build it from the ground up. This can be used for the pre-writing phase of a narrative story, either a personal narrative or a fictional narrative. Students write the four elements of their story (setting, characters, problem, solution) in the appropriate box. Then when it comes time to draft their story, studentsWelcome Back Google Slides Template for Music Classesby This is a Google Slides presentation that can be used as a template and adapted to fit your specific needs. It's a great way to let your students get to know you and set some ground rules for your class. It includes some pre-made gifs/fun pictures but you can also switch them out for your own. If you have the PearDeck add-on for Google Slides, there are a couple of slides that are intractable for the students.Writing paper and desk name tagsby Beyer's Kindergarten CornerI have designed this writing paper to make your day to day teaching easier. I use this in my Kindergarten classroom every day. I teach letter formation by using the key words: the sky, the ground, underground and the stop line. The visual aids of the sun and flower are there as a basic reminder for the kiddos to use when learning how to write their upper and lowercase letters. Print these out and use them again and again throughout the year!I have also included desk name tags that my students loSubjects:iPad Backgroundsby This product includes enough numbered backgrounds for up to 40 iPads (or iPods). Use these pictures files to set as a lock screen and/or a wallpaper. The blue screen at the top and excess ground space at the bottom of each background allow for these backgrounds to be used as wallpapers. You can organize your apps in folders and keep them near the top of the screen or store most-used apps in the dock. More information about how to set up iPads in your classroom can be found on my blog. I iDNA Extraction Labby These are all over the internet. Here is the one that I use in class.The enzyme that I use is meat tenderizer. I bought a bag of dried peas for split pea soup and ground them up in my blender with salt. The peas were added to water as I needed them for

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