



## **Tree Song**

**Situation:** It's spaz out time! Too much sugar, stimulation, people around or just plain good ol' fashioned kid energy is bursting from your child, and it's time for bed, school, Grandma to arrive or homework to get done.

Let's get grounded!

### **Solution:**

Walk over close to your child/ren. Put your hands up high and say "Let's get grounded! How tall a tree can you be? How far down can your roots go?" Have child put arms in air first, then slowly lower as you all take three deep breaths. Then walk kids through the grounding meditation, standing up or sitting down. Breathe in, push roots down and out through your feet. Do three or four times until everyone is settled down. Have children name the emotions, experiences they see or feel or want to let go of into the ground.

Letting go of all the chaos simply helps refocus ourselves, regroup the day into the now and releases all that pent-up blahness that we so often let take over our lives.

Having the kids close their eyes is very important during this moment. Closing our eyes helps us bring the outward output of energy back in where it belongs. Let all that excess energy that is up so high in the head that tends to come out their mouths come back down to their feet. And while they are at it, do the grounding yourself!

After all, having energetic kids can make us feel ungrounded too!