Grounding Lab

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

Use a fictional, ordinary example chosen by the facilitator; personal disclosure is optional.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Offer eyes-open orienting, feet-on-floor, and sensory noticing; invite participants to choose or observe rather than participate.

3. Which technique felt most accessible?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.