



RESOURCING AND GROUNDING

more than just a "happy place"



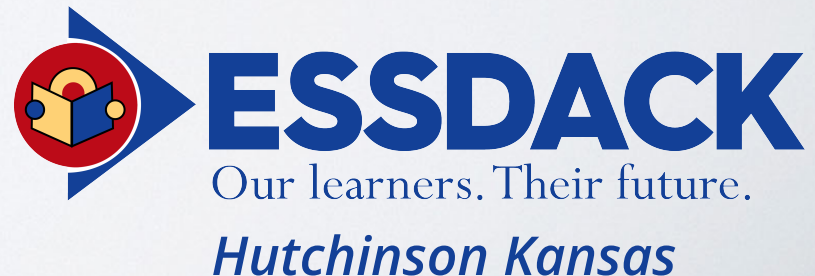
Ginger Lewman

Community Resilience-Building
Project Based Learning
Maker Education
Technology Integration
Gifted & HighAbility Learners

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Personal Resource



2 minutes

**Draw a picture or words
that remind you of a
place of joy.
of happiness.
of safety.
of protection.**

The background of the slide features a painting. The top half shows a large, bright yellow sun with radiating lines. The bottom half shows a group of diverse people of various ages and ethnicities holding hands in a circle on top of a globe. One person is in a wheelchair. The globe is painted with green and brown colors.

Trauma Resource Institute's Community Resilience Model (CRM)

Elaine Miller-Karas

Wake County Public Schools

"THE COMMUNITY RESILIENCY MODEL"

1. TRACKING

2. RESOURCING &
RESOURCE INTENSIFICATION

3. GROUNDING

4. GESTURES & SPONTANEOUS
MOVEMENTS

5. AMP DOWN/RAMP UP - HELP NOW!

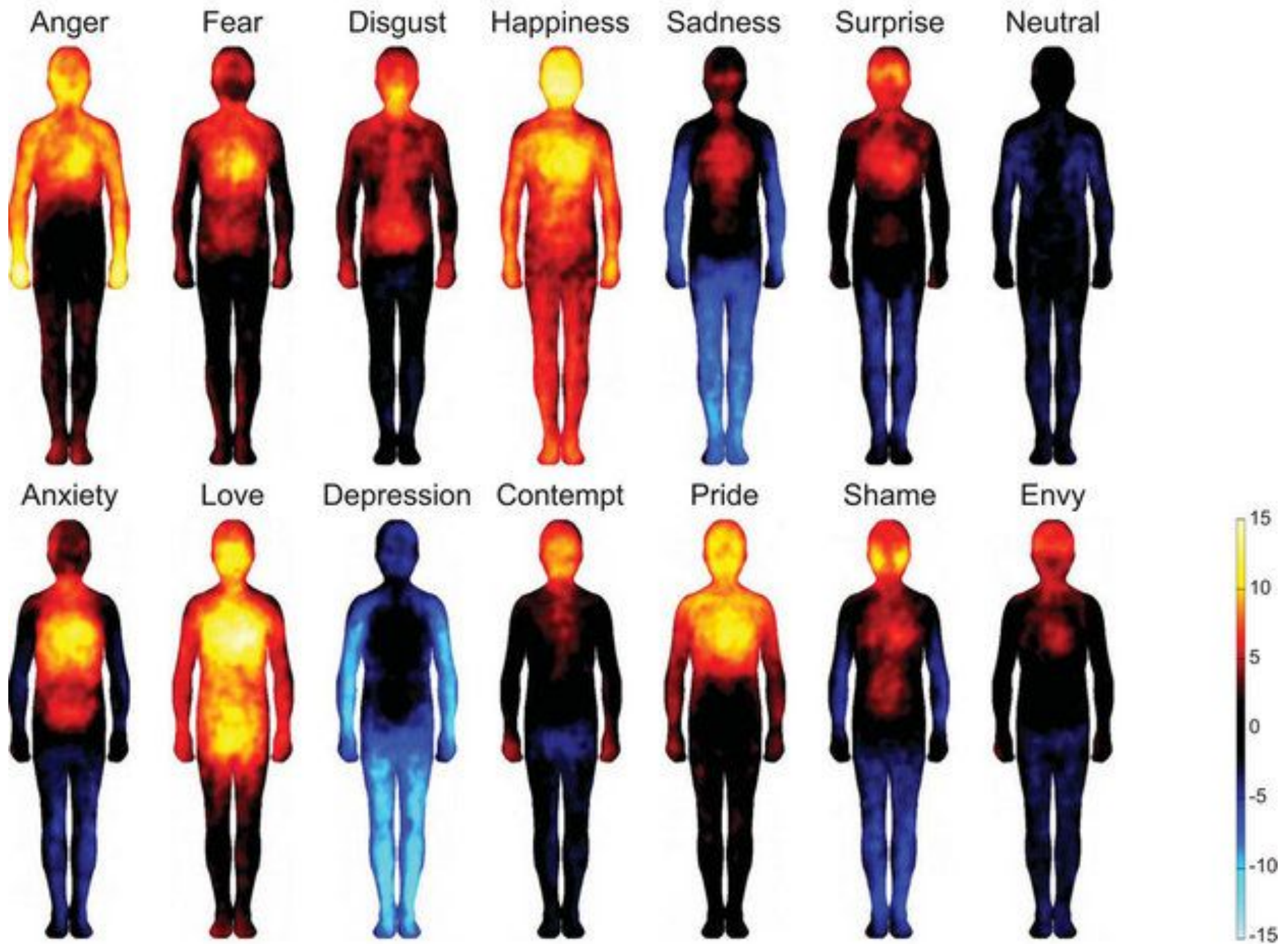
6. SHIFT AND STAY

Sensations.

Hot/Cold

Pressure/Tension

Texture



“Bodily Maps of Emotions,” published December 31, 2013
Proceedings of the National Academy of Sciences.

feelings & *sensations*

- using **words** to describe
- small, medium, large feelings
- scale of 1-10
- Mad, Sad, Angry, Frustrated, Scared

- Physiological happenings in the body
- An energy charge in the body from a trigger
- butterflies, tension, heat, sweaty, fire in throat, pit in stomach, head hurts
- Body is communicating the intensity of the experience.

Sensations.

Hot/Cold

Pressure/Tension

Texture

Trigger > Sensation > Thought > Emotion > Reaction

Stranger enters room

Butterflies & Tension in abdomen

They might hurt me?

Fear

Fight Flight Freeze

SENSATION WORDS

| | | | | |
|-----------|-----------|-----------|-----------|-----------|
| Twitch | Dull | Sharp | Achy | Jagged |
| Frozen | Airy | Thick | Trembling | Shivery |
| Smooth | Chills | Vibrating | Itchy | Pulsating |
| Solid | Numb | Empty | Blocked | Moving |
| Congested | Expanding | Tight | Puffy | Bubbly |
| Tingling | Shaky | Paralyzed | Sweaty | Hard |

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Personal Resource

5 minute Intensification



- 1. Tell about that memory.**
- 2. Partner listens for potential sensations.**
- 3. Interrupt and ask for more info about hearing, touch, seeing, smells, etc**
- 4. Thank them.**

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HOW TO GROUND

You can ground by sitting, standing, lying down or by walking:

- Take your time finding a comfortable position.
- Notice how your back is making contact with the chair, sofa, floor, wall, bed, earth, etc.....
- If sitting bring attention to how your body is making contact with the sofa, chair, etc.... now notice your thighs....legs..... and then your feet. Notice your feet making contact with the ground.
- Notice the sensations that are more pleasant to you or neutral within your body.
- If you become aware of uncomfortable sensations, bring attention to places that feel neutral or better.
- As you bring your attention to the contact of your body with the chair/floor/wall/bed etc, notice your breathing, heart rate, muscle relaxation, etc.
- As you get ready to end, slowly scan your body and bring your attention to all sensations that are pleasant or neutral.



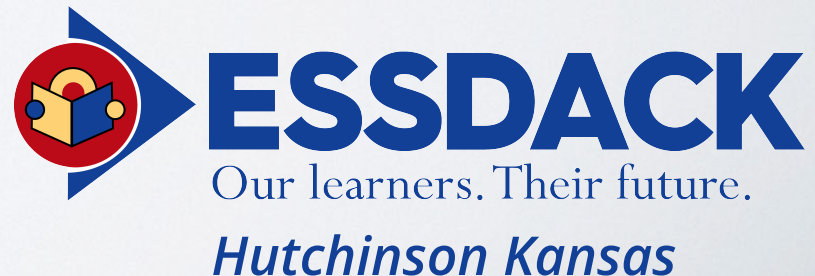
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Rebecca Lewis-Pankratz



Carmen Zeisler



Ginger Lewman



Katie Perez

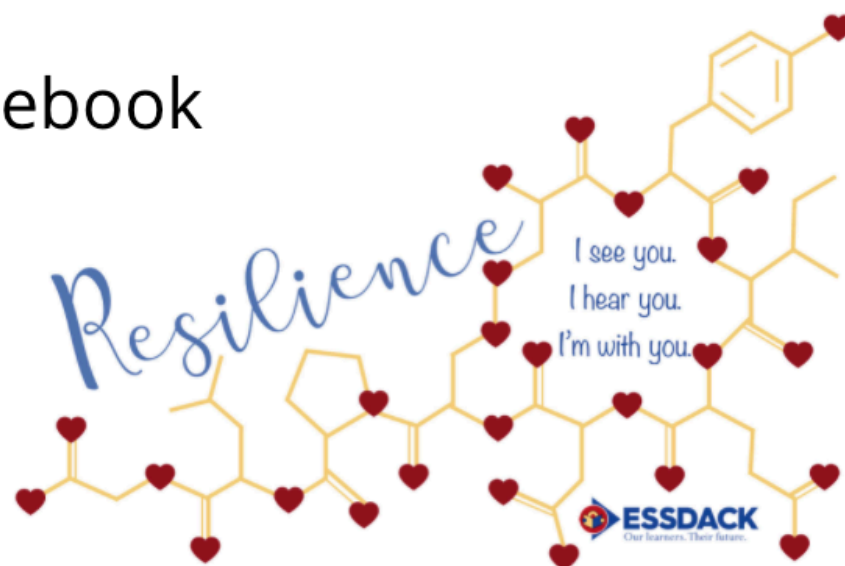
If you'd like more information,
please reach out to the

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Upcoming ESSDACK Virtual Learning Opportunities

Resilience Now

May 7 & 8

Equipping Resilience Coaches

Starts June 1

Family & Schools Peace Initiative

June 15 & 16

July 6-10

July 20-24

