



IGF Kids Video Guide

Video Title: *Episode 8: Five Senses Grounding*

Description: *Yahanna is a young adult who has learned to use breathing tools as a way to calm down and feel better. She reflects on when she was a student and was going through some tough times at home and didn't have ways to help calm herself down. She now thinks that knowing some breathing tools would have helped her respond differently.*

Guiding Question: *How can grounding tools help your body relax?*

- Students will experience a grounding tool as a way to cope with stress and frustration
- Students will learn to identify where in a situation a tool can help change the trajectory of an event
- Students will be able to define what grounding is and how it helps us calm our bodies

Ask students to:

- Observe each character
- Relate to the character by thinking about what THEY would do in the situation
- Provide recommendations for the student and teacher in the scenes
- Practice along with the tool in the video

PLAY VIDEO

PAUSE VIDEO: (1 MIN 40 SEC) *After Yahanna admits she couldn't breathe deeply.*

ASK:

- Why do you think Yahanna could not breathe deeply?
- What do you think will happen next? Why?

MENTION:

Remind students of the amygdala, what triggers it?

- There is a perceived threat. How do you think the Amygdala will respond?

REMIND STUDENTS TO:

Pay attention and follow along with the practice the IGF Kids are going to share. (Be in a spot where students can see you practice along with them.)

PAUSE VIDEO: (6 MIN 9 SEC) After the Vocab Word "Grounding".

ASK:

- What do you think Kasim means by "*pull you away from negative thoughts or feelings*"
- What does grounding do to your amygdala?
- Have you heard of other activities that ground you?
 - Examples:
 - Counting sheep to fall asleep
 - Counting back from 10 to calm us down

REFLECTION:

Have you ever had an experience like Yahanna's? How would a grounding tool have changed the way that experience ended?

What do you think the Teacher could have done differently to help Yahanna and the other student? Why?