RESOURCING AND GROUNDING
more than just a “happy place”
Ginger Lewman

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

www.GingerLewman.org
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Our learners. Their future.
Hutchinson Kansas
Personal Resource
2 minutes

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

<table>
<thead>
<tr>
<th>Twitch</th>
<th>Dull</th>
<th>Sharp</th>
<th>Achy</th>
<th>Jagged</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen</td>
<td>Airy</td>
<td>Thick</td>
<td>Trembling</td>
<td>Shivery</td>
</tr>
<tr>
<td>Smooth</td>
<td>Chills</td>
<td>Vibrating</td>
<td>Itchy</td>
<td>Pulsating</td>
</tr>
<tr>
<td>Solid</td>
<td>Numb</td>
<td>Empty</td>
<td>Blocked</td>
<td>Moving</td>
</tr>
<tr>
<td>Congested</td>
<td>Expanding</td>
<td>Tight</td>
<td>Puffy</td>
<td>Bubbly</td>
</tr>
<tr>
<td>Tingling</td>
<td>Shaky</td>
<td>Paralyzed</td>
<td>Sweaty</td>
<td>Hard</td>
</tr>
</tbody>
</table>

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"THE COMMUNITY RESILIENCY MODEL"

1. TRACKING

2. RESOURCING & RESOURCE INTENSIFICATION

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6. SHIFT AND STAY
National Park
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.
“THE COMMUNITY RESILIENCE MODEL”

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2. RESOURCING & RESOURCE INTENSIFICATION

3. GROUNDING

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6. SHIFT AND STAY
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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If you’d like more information, please reach out to the
**ESSDACK Resilience Team**

[resilience-coaching.essdack.org](http://resilience-coaching.essdack.org)

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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