

Things to do so you don't forget you.

Task one: a pillow to contain you

Find your favourite pillow

Hold the pillow

Caress the pillow

Scream into the pillow

Thank the pillow

Place the pillow back where you found it

Task two: let your mind flow

Take a water bottle

Fill it with cold water

Place the bottle to your temple

Feel the cool

Feel the cool and think of a shape

Make that shape on the ground using the water bottle

Task three: A frog in boiling water

Fill a bucket with cold water

Put to one side

Fill a second bucket with hot water

Place beside each other and place one hand into each bucket

Focus on your fingertips

Switch the hands around

Focus on your palms

Put both in the cold bucket

Wait until you feel it is right

Put your hands into the warm bucket until you feel your hands are normal.

Task four: hungry?

Take a walk to the closest place to purchase food

Count your steps

Every 30 steps make a mark

When you reach the store, turn around and count your marks

Task five: an intro to interpretive dance

Think of the number 20, what does it feel like?

Move your body in correspondence to the feeling

Hold the position while you think of 19, what does 19 feel like?

Move your body in correspondence to the feeling

Continue this process until you reach 0.

Task Six: I am here and I am (insert)

Say out loud "my name is _____"

"I am _____ years old"

"I live in _____"

"Today is _____"

"I am (say what action you are doing)"

Repeat this three times a day for a week,

Every time stand upright and look at your feet.

When finished look to the horizon

Continue your day.

Task seven: a world of pure imagination

Look in front of you,

Pick a colour that you can see

Close your eyes

Think of the colour

Think of all the objects that contain the colour

Now mash them together

In 3 minutes draw any way you can, your mash

This work can continue to elaborate on a variety of grounding methods, ways to make some one more present of themselves and their body placed within their environment.