



Anchors Away: Energy Transformation for Kids

Invite your kids to become captains of their energy ships.

Play Anchors Away. Adapted from kidsrelaxation.com

Read this script:

Right now you get to become the captain of your energy ship. Even if your energy is really high, scattered, and all over the place, this will help you to calm your body. First, stand tall, like on the deck of your ship. Get ready to drop your anchor. Close your eyes and take a deep breath in, really feel the breath entering through your nose and exiting through your mouth. Breathe in, let your tummy fill up like a balloon. Breathe out, let your tummy go flat like a pancake. Now imagine that you are holding a rope with an anchor on the end. Now drop that anchor right behind you, deep into the earth. As it drops, imagine that it is connecting you to the ground below you, securely, safely anchoring your energy right where you stand. Feel your feet solidly connecting with the ground beneath you. See if you can imagine this anchor, sending it even deeper down, dropping deep, deep down, even further, as far as you can. Drop it deep, deep into the center of the Earth, like an anchor dropping deep into the ocean. (pause) Now notice how you feel in your body as your energy is calm, quietly connecting deeply within the Earth. Maybe you can imagine your energy calming, feeling connected, centered, balanced? Good! When you feel that your anchor is down as far as it will go right now. Take a couple of more deep breaths in and let them out. Really feel the solid, calm weight of your feet on the ground. Excellent! ~ Slowly begin to bring your attention back to the room around you. (pause) You can open your eyes when you are ready.

Have your child check in with her body now and note if anything has changed. If you are doing this in a classroom, invite the class to share their different experiences. Note the energy in the room as a whole. See the difference. Eventually after you have practiced a couple of times, you can use the code word “Anchors Away” when you want to shift the energy in the room and it will be the cue for everyone to center and ground using this activity.

- See more at: [http://kidsrelaxation](http://kidsrelaxation.com)

MCWTS

CSP 9221C: Children’s Mental Health – ADHD

CHO 01: Anchor Relaxation - Grounding