

TASK: GROUNDING



HEY! HAVE YOU GOT A TALENT LIKE CASI'S? IT DOESN'T HAVE TO BE ON THE FOOTBALL FIELD, IT COULD BE ANY TALENT! IF YOU DO IT'S IMPORTANT THAT YOU AIM FOR THE STARS! BUT IT'S NOT SO EASY SOMETIMES, IS IT? MAYBE THERE ARE OBSTACLES STOPPING YOU FROM REACHING YOUR POTENTIAL. LIKE CASI, IT'S IMPORTANT TO HAVE STRATEGIES TO HELP YOU SO THAT YOUR THOUGHTS DON'T STOP YOU FROM REACHING YOUR POTENTIAL.

ONE THING THAT HELPS CASI IN THE PROGRAMME IS THE 'GROUNDING' METHOD. SHE USES THIS METHOD EVERY TIME SHE STARTS WORRYING ABOUT SOMETHING. THE FIVE SENSES ARE A POWERFUL TOOL FOR US ALL AND THEY CAN HELP US COME BACK TO THE PRESENT AND CONCENTRATE ON WHAT'S CURRENTLY HAPPENING AROUND US.

HOW ABOUT HAVING A GO AT 'GROUNDING' LIKE CASI DID IN THE PROGRAMME? HOW ABOUT TAKING A WALK OUTSIDE AND USE THE SAME STRATEGY AS CASI? THINK OF:

- 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN HEAR
- 3 THINGS YOU CAN FEEL
- 2 THINGS YOU CAN SMELL
- 1 THING YOU CAN TASTE

WHEN YOU DOUBT YOURSELF, ITS HARD TO REMEMBER THAT YOU'RE STRONG OR THAT YOU'RE GOOD AT DOING SOMETHING. THE BAD THOUGHTS BECOME MORE AND MORE OBVIOUS IN YOUR HEAD. AT THAT POINT THINK ABOUT 5 GOOD THINGS ABOUT YOU AND REMEMBER THEM WHEN YOU'RE DOUBTING YOURSELF.

YOU NEED TO THINK ABOUT THE GOOD THINGS IN THE PRESENT AND REMEMBER YOU CAN FIGHT AGAINST ANYTHING!

YOU'RE STRONG! YOU'RE CLASS!

