

OUR GROUNDING GUIDELINES

- I choose to be present. *Take three deep breaths! Inhale... Exhale... Release into this present moment together.*
- I choose to be gentle, respectful, and authentic with myself, my colleagues, and this time/space we share. *Look around the room. Smile at the first person you make eye contact with.*
- I choose to speak for myself, take care of myself, and challenge myself as I am able. *Stand as a warrior or superhero might and take three deep breaths! Take up space!*

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Reference: Small, N. 2020. *Groundswell Surf Therapy Curriculum*. San Diego, USA. Groundswell Community Project.

