Soles of the Feet

Recommended for Grades:

6-12th grade

Practice Description: This standing practice can be used to help ground our attention and stay focused during conversations, while giving a presentation, taking a free throw or performing in a concert. Planting our feet like the roots of a tree can keep our mind in the present and our thoughts from unraveling. It may help to focus primarily on what we are feeling while also remaining aware, but to a lesser degree, on the people we are with.

Transcript:

Welcome to the soles of the feet exercise.

In this practice, you will learn to plant your feet like the roots of a tree to keep your mind in the present and your thoughts from unraveling in stressful, frustrating or demanding situations.

- *Pause for 2 seconds*

Start by standing in a comfortable position with both feet on the floor, and a long, strong back so that your body supports your intention to be comfortable and aware.

Allow your hands to rest by your sides.

- *Pause for 2 seconds*

Try softening your eyes and turn your gaze down toward your feet or to the images on the screen. If you feel comfortable you may choose to close your eyes.

- *Pause for 2 seconds*

Feel the soles of your feet in your shoes or on the floor.

- *Pause for 5 seconds*

Rock forward and back a little… then side to side to help feel connected to your feet on the ground.

- *Pause for 5 seconds*

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“Now, center your body over your feet” try to plant your feet downwards like roots of a tree. Next, try tightening your legs so they are solid, like the trunk of a tree. Imagine yourself rooting into the ground, strong and stable.

- *Pause for 5 seconds*

As you breathe keep your attention on the soles of your feet to ground your attention. Try to stay focused on rooted like a tree. See whether you can pay attention to your feet until you hear the chime.

- *Pause for 30 seconds*
- *Chime sound*

When you are ready, release your attention from your feet and open your eyes bringing your focus and attention back to the room around you.

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