

Soles of the feet

Recommended for grades:

K4 – 8th grade

Practice description:

This standing practice can be used to help ground your attention and stay focused during conversations, while making a presentation, taking a free throw or performing in a concert. Planting your feet on the floor like the roots of a tree can keep your mind in the present and your thoughts from unravelling.

Transcript:

Welcome to the Soles of the feet exercise.

In this practice, you will learn to plant your feet like 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 4 seconds*

Try softening your eyes and turn your gaze down toward your feet or to the images on the screen.

- *Pause for 3 seconds*

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

- *Pause for 3 seconds*

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

- *Pause for 7 seconds*

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 7 seconds*

As you breathe, keep your attention on the soles of your feet to ground your attention. See whether you can pay attention to your feet until you hear the chime.

- *Pause for 20 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.