

Soles of the Feet

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.

Age Group: 6-12 Grade

Welcome to the Soles of the Feet exercise.
<i>Pause for 5 seconds</i>
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.
<i>Pause for 5 seconds</i>
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.
<i>Pause for 5 seconds</i>
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.
<i>Pause for 10 seconds</i>
Feel the soles of your feet in your shoes or on the floor.
Rock forward and back a little... then side to side to help feel connected to your feet on the ground.
<i>Pause for 10 seconds</i>
"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.
<i>Pause for 10 seconds</i>
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. It will ring in one minute.
<i>Pause for 60 seconds</i>
<i>Chime sound</i>
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.