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

Voiceover Script

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 fee 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

“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.
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- 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.