

## THE PROGRAM

The Rock and Water Program aims to apply a physical and social approach to assist children in their development by increasing their self-confidence, self-respect, self-awareness, boundary awareness and intuition. A specific goal for the program aims to teach children how to be **'centered and grounded'** so they can confidently make decisions prior to acting.

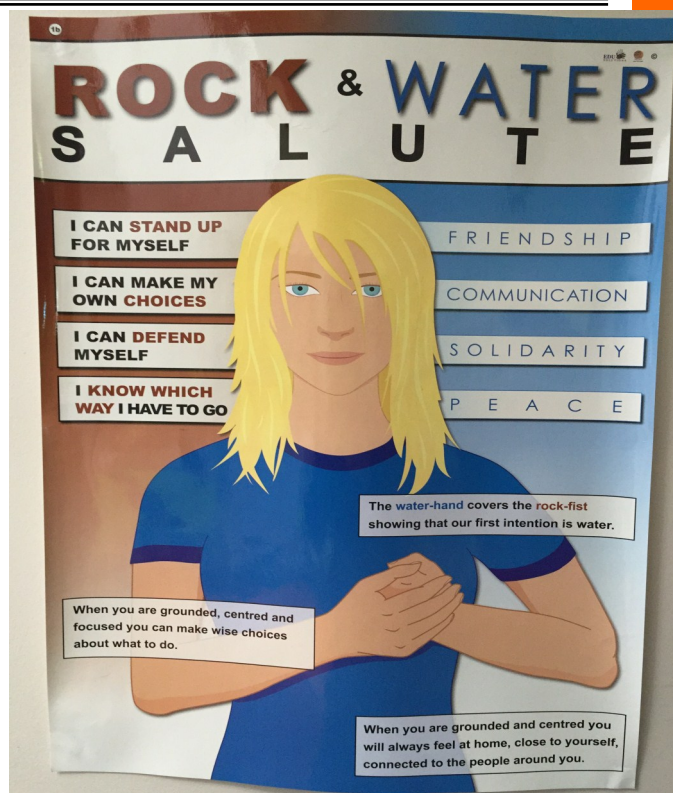
## GETTING GROUNDED

Rock and Water provides a structured way to teach young people Emotional Awareness and Self Awareness. The strategy of **'Getting Grounded'** helps the child to regulate their breathing when confronted by a difficult or anxious situation.

They are first taught to take a deep breath in and exhale slowly, using hand movements up and down their tummy area. This action slows down their breathing. This helps them to 'bring their breathing into their belly' where they can get the feeling of being centered and grounded. They know to exhale and stand firm like a tree!

*Have your child demonstrate this action for you...in fact, this action can come in handy for you when you find your child having difficulty with a situation...remind them to...*

**'Get Grounded!'**



## HIGH BREATH, LOW BREATH

Children discover the difference between breathing via their chest (high breath) or breathing through their tummy (low breath) and the influence it has on their **strength and balance**.

They learn that in times of feeling upset or nervous, such as before a test or sporting event, they can control their breathing by **'Getting Grounded'**.

In difficult times, using the terminology "Get into your low breath and get grounded" reminds the child to control their breathing and to slow their breathing down.

*David Kelsey*

*Student Welfare Officer*