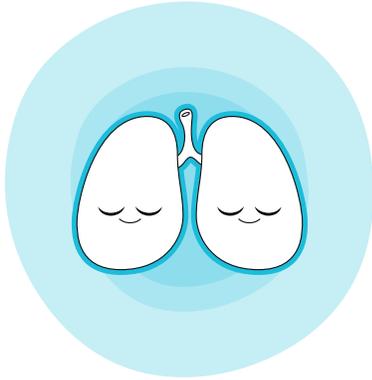


Math is Social Emotional Learning

Grounding Exercise 1



- Close eyes and breath. Invite them to take 3 deep breaths.
- We are taking time to understand the power of breath, of oxygen, and taking time to appreciate them both.
- Take a moment to acknowledge and breathe in gratefulness. Gratefulness for the BREATH that gives us life, gratefulness for the OXYGEN that we share, and gratefulness for our bodies that allow this process to take place.

- Now we must apologize to ourselves for the ways in which we contribute to our own depletion.
- Think about the spaces in our lives where we take on more than we should.
- Now let us take a moment to ask our bodies for forgiveness, for making sure everyone else's masks were on while our own oxygen fled.
- There is so much panic in the world, and many people are in crisis gasping for breath. From Children to Families, our Family of origin and those families we serve daily. Think of what happens when EVERYONE is in disarray?



- Now let us to say THANK YOU!
- THANK YOU TO THE PLACES ON US THAT DON'T GET MUCH RECOGNITION BUT HELP HOLD US TOGETHER. Thank you to the places in our Bodies, Minds, Souls that work OVERTIME to support us.
- Now take a moment to touch the space on your body that could use some healing, thank it, and make a vow to it TO DO BETTER BY IT! (to give it the respect it deserves)
- Breathe, open your eyes, and come back in slowly.

Math is Social Emotional Learning

Grounding Exercise 2

We recognize that past trauma is not always easy to deal with. We want to take some time to enter ourselves in a positive and intentional way. This exercise deals with our primary senses.



Smell

Inhale slowly, Focus on a smell that brings you comfort. A loved one's perfume, or fresh baked cookies, something that brings you back to healthy and LOVING, ripe relationships or experiences. Live in that for a moment, allow it to bring a smile to your face, Breathe it in.



Touch

Think of a comforting touch. A time where you felt totally seen and held. Think of a child's touch or a loved ones embrace, maybe you see their eyes looking at you with unconditional love, allow your being to be consumed again with that touch, wrap your arms around yourself, be the embrace you need right now, breathe in and release.



Sight

Open your eyes and focus on things around you, what do you see that sparks a positive flame? Titles of books on a bookshelf, pictures of loved ones, your child's favorite toy, etc. Notice how your body feels when you envision interacting with the things you see, Breathe in and out.



Taste

Think about a comforting taste, and a memory associated with this taste, a loved ones famous dish at a family gathering or the dish you make that brings a smile to the faces of the ones you love.



We encourage you to try out positive affirmations and see how it feels.

Develop a grounding phrase or affirmation – Something to repeat and center yourself in.

Things like:

I am ok, I am loved, I am light, I am HERE! I am doing my best!

Once you have found your phrase, we will REPEAT it AS a mantra, for the next 30 seconds..... Allow 30 seconds to center on our phrase, invite folks to open their eyes and come back into the common space.

War On Black Boys By Kale Nelson

You have the right to an attorney.

Who will try his hardest to see that justice is served,
But a jury of your peers, A.K.A. our attorneys will have
him outmatched 12 to 1.

If you cannot afford an attorney, one will be provided
to you free of charge because he is also on our payroll.

Do you understand these rights as they have been
read to you?

Whoa Whoa Whoa!

Whoa Whoa Whoa, I said don't move!

Stop breathing!

You're puffing up your chest!

I feel threatened!

Stop resisting arrest!

Is that a weapon?!

Black boys cries fall on deaf white ears.

Black mother's tears keep graveyard grass green,
and black men's bones are the gavel in which judges
finalize false convictions.

Wake up black boys!

It's time to declare war!

I wonder, if Trayvon Martin's mother, how she feels,
that her son is a household name and he is not a
household body.

I wonder, if Freddie Gray's family can still say grace
over their food even though their prayers could not
stop the thief that robbed him of his last breath.

I wonder, if black women feel closer to God because
they're having to lay to rest their only begotten son.

I'm tired.

I wonder, if black people skin got darker because
we're closer to the sun.

And how many years will it take us to grow bullet
proof skin, because we're closer to the guns.

I'm tired, I'm tired, of going to funerals where babies
are being buried in boxes that are bigger than the
ones they used to put their toys in.

I'm tired, of not being able to say see you later to my
friends.

We're steady practicing our goodbye words to each
other.

I'm tired, I'm tired, I'm tired, I'm tired!

I'm forced to stay woke in a society who's laws are
written as lullabies to black people.

I'm tired.

I wonder, if America will be alarmed when she wakes
up and she sees that black folk aint sleeping no
more.

Because the American dream is the African
American nightmare.

I'm tired, I'm tired, I'm tired, but now I'm forced to stay
woke.

And if I finally go to sleep I might stay asleep forever.

ACE Test

- 1** Before your 18th birthday, did a parent or other adult in the household often or very often... swear at you, insult you, put you down, or humiliate you? Yes or No
- 2** Before your 18th birthday, did a parent or other adult in the household often or very often... push, grab, slap, or throw something at you? or ever hit you so hard that you had marks or were injured?
- 3** Before your 18th birthday, did an adult or person at least five years older than you ever... touch or fondle you or have you touch their body in a sexual way? or attempt or actually have oral, anal, or vaginal intercourse with you?
- 4** Before your eighteenth birthday, did you often or very often feel that... no one in your family loved you or thought you were important or special? or your family didn't look out for each other, feel close to each other, or support each other?
- 5** Before your 18th birthday, did you often or very often feel that... you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
- 6** Before your 18th birthday, was a biological parent ever lost to you through divorce, abandonment, or other reason?
- 7** Before your 18th birthday, was your mother or stepmother: often or very often pushed, grabbed, slapped, or had something thrown at her? or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
- 8** Before your 18th birthday, did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
- 9** Before your 18th birthday, was a household member depressed or mentally ill, or did a household member attempt suicide?
- 10** Before your 18th birthday, did a household member go to prison? Has anything important happened before your 18th birthday that you think we should have covered?

Learn more at:

<https://stopabusecampaign.org/what-are-adverse-childhood-experiences/take-your-ace-test/>