

FREE TO MOVE

teaching guide

wearefreetomove.org

Facilitator:

Date:

Location:

Lesson Topic: "We are Free to TRUST OURSELVES"

Participant Learning Objectives:

1. Practice differentiating between body sensations associated with "calm" versus something feeling "off".
2. Increase self-awareness of personal, present-moment physical cues & describe them.
3. Demonstrate tree grounding technique and create an incorporated movement plan.

Material/Environment Suggestions:

- Facilitate this practice outdoors if possible.
- Consider supplying water, coffee, or other snacks based on time of year.
- Provide writing materials for notes and journaling reflection.

Journal Prompts:

- How do I tune into my body's cues?
- What is the difference between calm and discomfort in my body?
- Are there certain body sensations associate with my past triggers?
- What works for me to bring myself back to a state of calm?

Lesson Structure:

- Start with a relaxed, welcoming environment. Consider providing name tags and starting with some gentle stretching, walking, or other movement.
- After introductions and gentle movement, watch Free to Move's video, "We are Free to Trust Ourselves" as a group.
- Review the practice of grounding:
 - Being present in the body starts with non-judgment.
 - Notice the difference between sensations associated with the present environment and sensations associated with past events or triggers.
 - When focus wanders, simply bring the focus back to the body and the feet.
- Practice the tree roots grounding technique from the videos
- Create a plan to include the tree grounding practice into the daily movement practices of participants.

Script Suggestions:

1. Ask participants to stand with feet flat on the ground.
2. Say: "Imagine tree roots growing from your feet deep into the earth. Feel roots reaching out from your heels, the balls of your feet, and your toes. Picture the roots spreading out underneath of you. Your feet sink down into the floor as the floor rises up to meet your feet."
3. Pause and allow space for visualization.
4. Stay with the grounding practice for another 3–5 breaths.
5. Debrief with a partner or the group and create a take-home practice plan.