

# Grounded

Mindfulness

Relaxation

Relationships

Movement



This collection of comic strips accompany a series of animations, supporting the mental health and wellbeing of children and young people.



Created by Kazzum Arts • Animated by Robin Lane-Roberts

**Kazzum Arts** is a participatory arts organisation with a 30-year history of engaging young people in unique and inclusive multidisciplinary arts projects.

This collection of 11 short animations has been created in response to the COVID-19 pandemic, to support the mental health and wellbeing of children and young people aged 5+.

The activities are trauma-informed; supporting social engagement, a well balanced autonomic nervous system and playful approach to wellbeing.

Each individual animation is between 60-90 seconds and explores one of 4 themes:

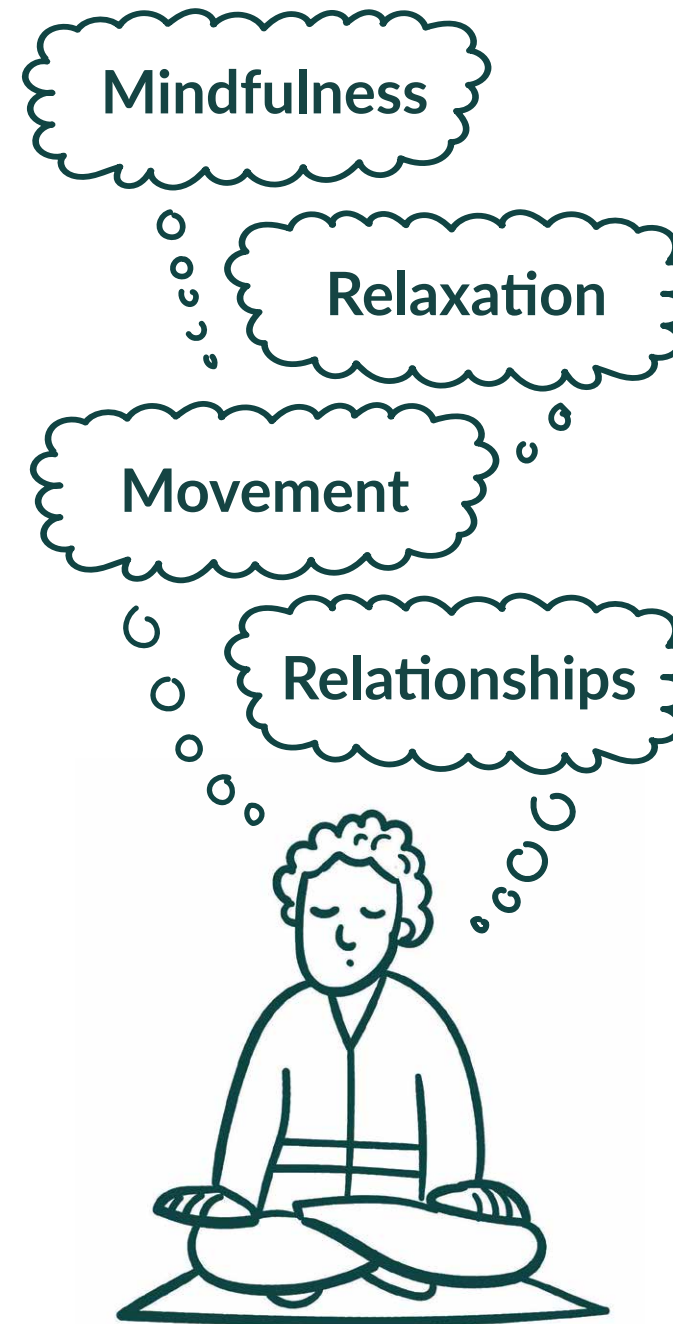
**Mindfulness, Relationships, Movement or Relaxation.**

The comics in this guide outline the content of the 11 animations and can be printed to support their use. To view and download the full collection of animations and translated versions [click here](#).

For further information about the therapeutic impact of each animation, please [click here](#).

While these animations can be watched by young people independently, we ask that all accompanying adults read through this pack ahead of them being used.

If you have any issues accessing these resources please get in touch and we will be happy to help - [hello@kazzum.org](mailto:hello@kazzum.org)



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## Relaxation:

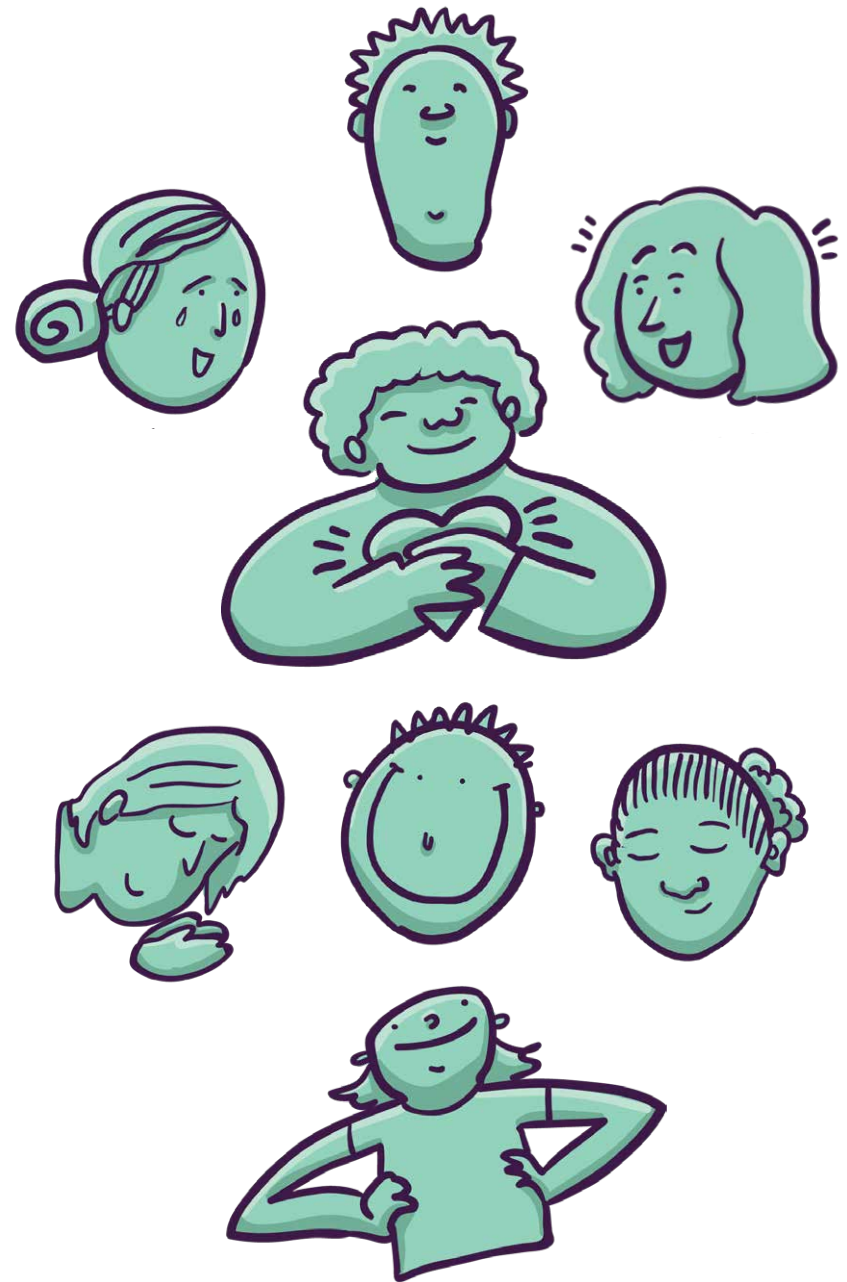
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## BODY SCAN

Body Scan

## PREPARE

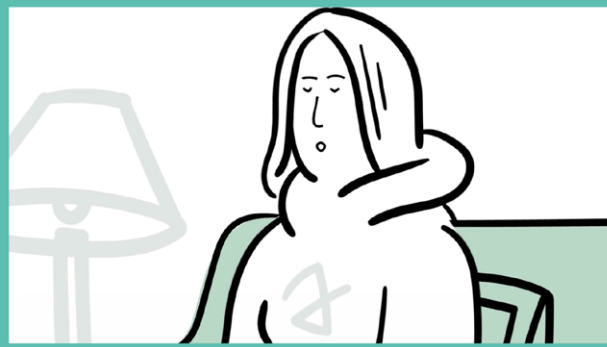
Prepare.



Once you're sitting comfortably, start with your eyes open and take two or three big deep breaths,



breathing in through the nose and out through the mouth.



With the next out breath close your eyes and allow the breath to return to its natural rhythm.



Feel the weight of your body on your chair or the floor.

# SCAN

Scan.



We are going to gently scan down, from head to toe,



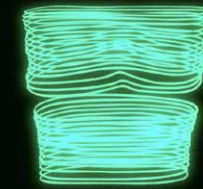
noticing the different sensations in the body.



Start by noticing what your face feels like, your jaw and your neck.



Feel your shoulders and arms. Be aware of your hands and fingers.



The feeling your chest, your back, your stomach and hips.



Feel the tops of your legs, down through your knees to your lower legs, reaching your ankles, feet and toes.

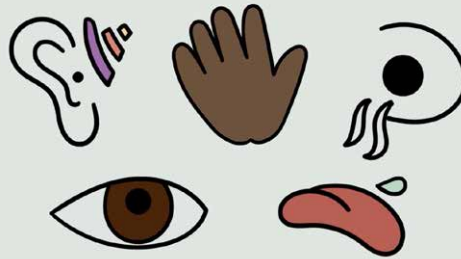


Notice where your feet are resting, and in your own time, gently open your eyes again.

# Grounding Technique

## GROUNDING TECHNIQUE

Grounding Technique



This technique will take you through your five senses. It can help you stay calm through tough or stressful situations and remind you to be present.

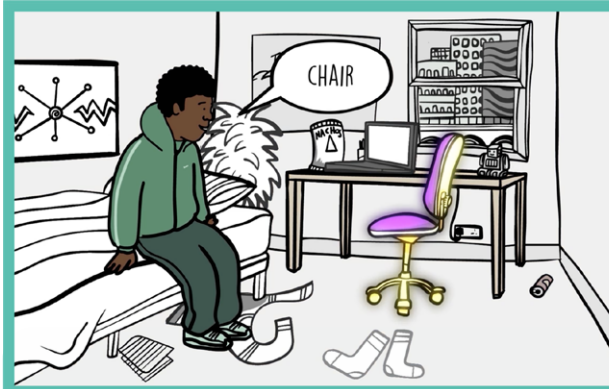


Take a deep belly breath to begin.

## NAME 5 THINGS YOU



Look around for 5 things that you can see,



and say them out loud.

## NAME 4 THINGS YOU



Pay attention to your body and think of 4 things that you can feel,



and say them out loud.



Listen for 3 sounds.



Say the three things out loud.



Say two things you can smell. It's fine to move to another spot to smell something.



If you can't smell anything then name your 2 favourite smells.



Say one thing you can taste. If you can't taste anything,





then say your favourite thing to taste.



Take another deep belly breath to end.

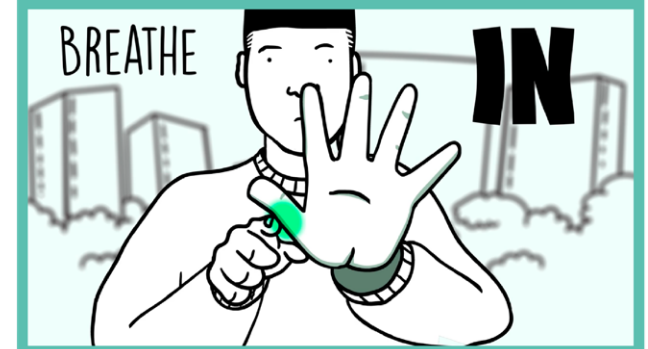
# Open Hand Breathing



Open Hand Breathing



Fan out your hand in front of you.



Take the index finger from your other hand and inhale through your nose, start to trace the outside of your thumb.



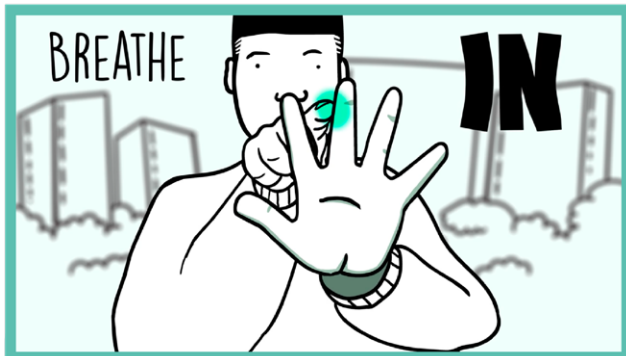
Then exhale through your mouth as you trace along the inside of your thumb.



Inhale as you trace the outside of your index finger.



Exhale as you trace the inside of your index finger.



Continue until all of your fingers have been traced.



After you finish, how do you feel?

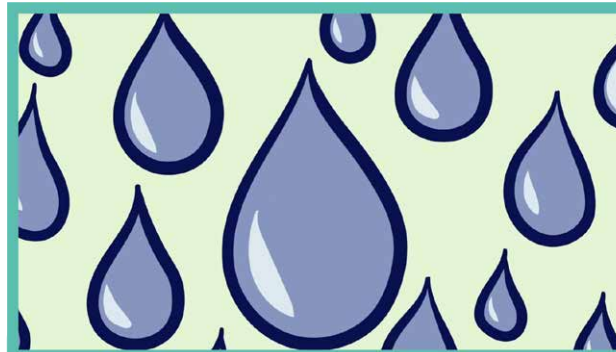


Is there a difference between how you feel before and afterwards?  
Try it again!

# Being in Water



Being in Water



Water gives us lots of physical and mental health benefits. Just seeing and feeling water can improve your mood and help you relax.



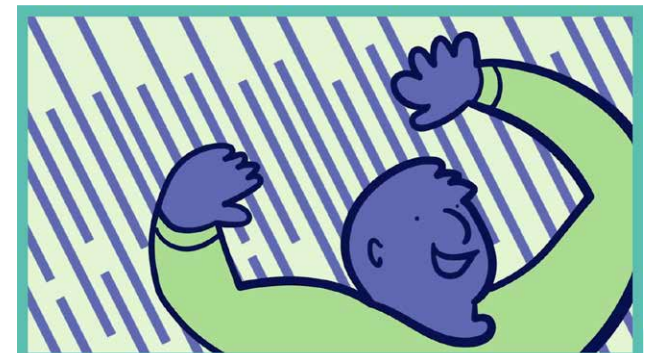
Try splashing your face with water.



Take a nice long shower or bath.



You could spend time near a lake or canal.



Go for a swim or dance in the rain.



Try having a water fight outdoors.



Or see how long you can gargle water for.



Don't forget to drink lots of water to help you stay hydrated and healthy too.

# Calming Objects

## CALMING OBJECTS

Calming Objects



Is there an object that always makes you feel calmer when you hold it?



It could be something with happy memories for you, that reminds you of a special person; like precious objects such as jewellery, an old toy or a photograph.



It could be things that feel interesting to you, or pleasant to touch like stones or slime, a stress ball.



Playing with fidget toys or popping bubble wrap can also help us feel calm or less stressed.



Try creating a 'calm box' with some favourite calming objects or activities inside.

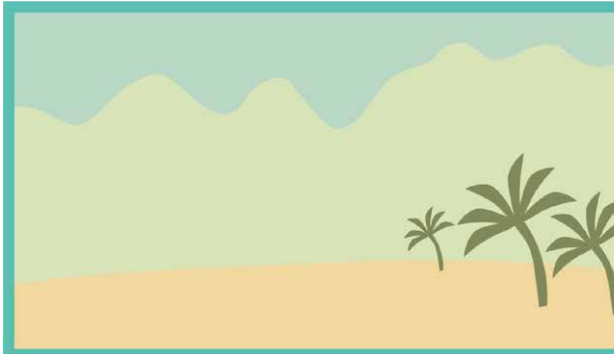


When you get stressed or upset you can go to your 'calm box' where the objects are kept and use them to feel relaxed and grounded again.

# Happy Place Visualisation



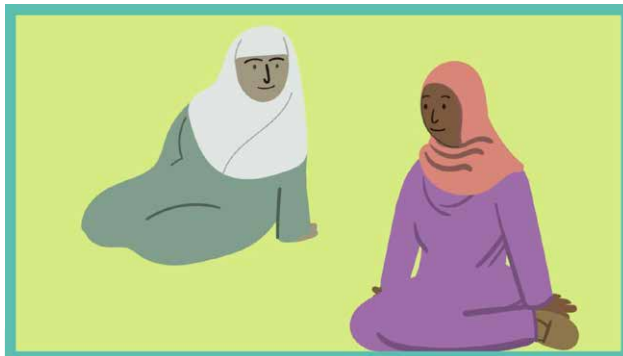
Happy Place Visualisation



Think of a place that makes  
you feel relaxed and happy.



It may be somewhere you have  
been in real life, or somewhere  
from your imagination.



You might be alone, or with  
someone you care about.



Imagine yourself in this place,  
feeling calm and relaxed.



What can you see?  
What can you hear? What can you feel?  
What scents can you smell?  
What can you taste?





The more you use your senses,



the more real your scene will feel for you.

# Acts of Kindness

## Acts of Kindness

Acts of Kindness



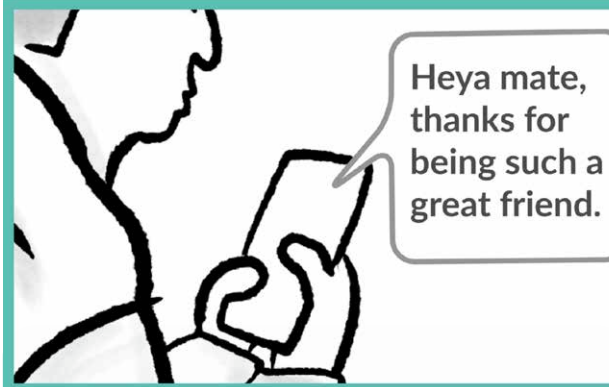
Doing something kind for someone else could make their day.



But did you know it could also make you feel just as good.



If someone else witnesses an act of kindness then it can make that person feel happier too.



Try it for yourself, send a nice message to a friend, draw a rainbow for your neighbours.



Or just make someone a cup of tea. You too could be part of spreading happiness all around.

# HUGS

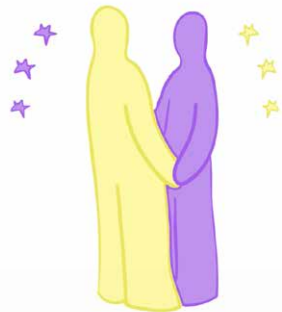
Hugs



Studies have shown that hugs can reduce stress and anxiety.



Making you feel happier



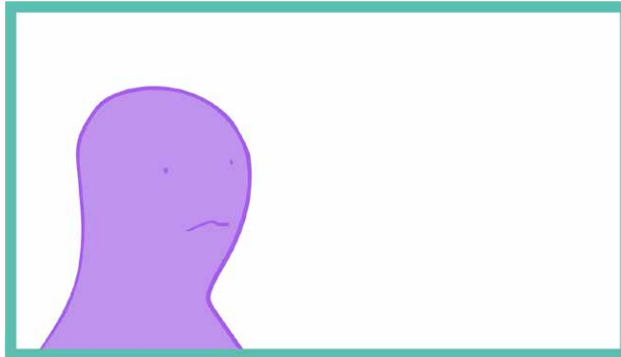
and even reducing pain.



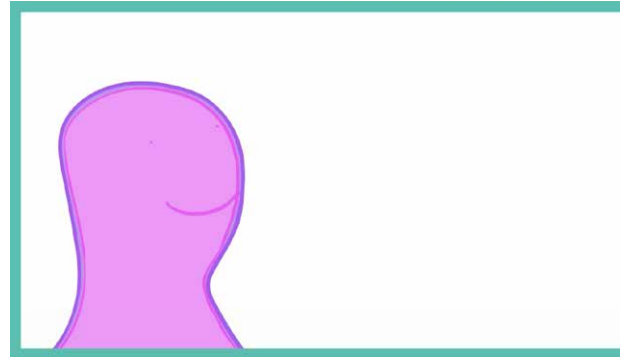
This is because your body creates positive chemicals when we are in contact with others.



Try it yourself, hug a pet, a toy or pillow. You can even hug yourself.



Notice how you feel before  
and afterward.



Can you feel a difference?

# Laughing Out Loud

*Laughing out loud*

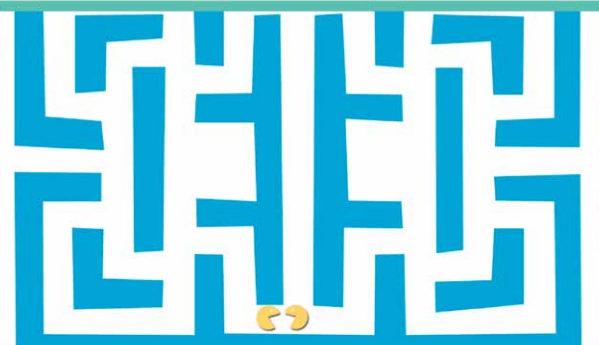
Laughing Out Loud



Did you know that laughter increases feel-good chemicals in your body and can help you feel relaxed?



A simple way to increase this feel-good factor, is to notice, discover and remember things that make you laugh.



You could find people to laugh with, and feel connected to them.



Watch a funny film, or clip.



Or share a memory which made you giggle.



A good way to end your day is to think of something that made you laugh and enjoy that feeling of lightness and joy.



When was the last time that you laughed out loud?

# Being Active Outdoors



Being Active Outdoors



Doing an activity outside, preferably in a park or somewhere with trees or grass



has been proven to have many benefits to our mental and physical health.



Getting active outdoors can make us feel fitter and happier.



It is good for our brains and even helps us get on better with people.



Things to enjoy could be going to a park, riding a bike, collecting interesting things from nature or climbing a tree.



Even if you can't get outside, then caring for a plant or looking at the clouds from out of your window



can be a really good way to help you feel calm and in contact with the natural world.

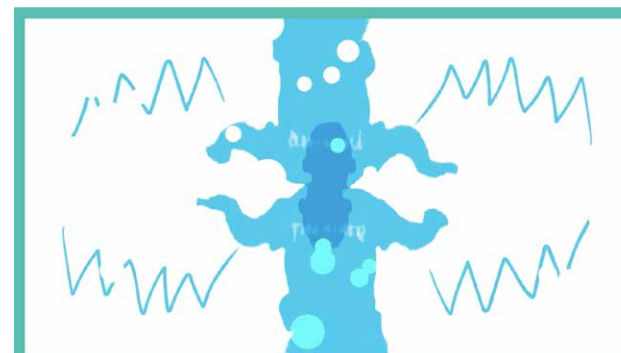


## DANCING

Dancing



There is no way you can't feel better after spending 10 minutes dancing to your favourite songs.



You could do your favourite dance.



Try to learn some new moves, make up a routine



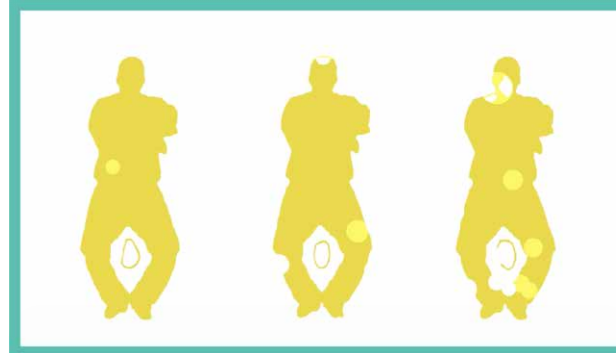
or just do something weird to make people around you laugh.



Try dancing as slowly as you can, dance big or small or move to a piece of music you've never heard before.



Experimenting with moving your body will wake your mind up too.



This will help you focus and concentrate throughout your day.

To view and download the Grounded animations visit:  
[vimeo.com/showcase/7513216](https://vimeo.com/showcase/7513216)

Translated versions are also available here:  
[www.kazzum.org/grounded](http://www.kazzum.org/grounded)

For more information please visit:  
[www.kazzum.org](http://www.kazzum.org)



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