

Roots AND Wings

Roots and Wings is an art activity that can help you and your loved one explore what grounds you (Roots) and what lifts you up (Wings). For the Roots think about what music, people, activities, experiences help you to feel safe, calm and present. For the Wings, consider what people, activities, music give you a sense of joy or lift you up!

If you're facilitating this activity it will be great for you to do your own Roots and Wings alongside whomever you are supporting. Get out blank pieces of paper and begin drawing your tree, the ground, the roots and the birds in the sky- you don't have to be an artist! This is just for fun! Then take some time to think about and write down or draw the Roots and Wings on your picture.

If you get stuck, you can brainstorm together! Otherwise, share each of your Roots and Wings with your partner when you're done.

Now you have a quick guide for when you're down in the dumps- you know what activities, people, music experiences you need to lift you up! And so does your partner! If you have a lot of big energy and need something to help you feel more calm and grounded, look no further than your Roots! You can engage in these practices by yourself or with a safe other.



Roots AND Wings



Identify activities/music/people that give you **joy** or **lift you up**.



WINGS



Identify activities/music/people that **sooth you, ground you, help you calm**.

ROOTS



Neuroscience note: This is an activity to help one move from a state of dysregulation into a state of regulation. When we are **HYPER**aroused (lots of big anxious energy) we can benefit from down regulating activities (Roots). And the opposite is also true! When we are **HYPO**aroused (lethargic, dissociative energy) we can benefit from upregulating activities (Wings). Regulation is a practice- enjoy self or co-regulating with a safe other!