

GROUNDING GUIDES:

Quick Reference Guide for Teams

Using the Grounding Guides within a Team or Department

For Huddles or Meetings (10–15 min)

1. **Pick a Module** — Select one from the Resource Section of the website.
2. **Introduce the Purpose** — *“This is about supporting ourselves and each other in the work we do.”*
3. **Watch Together (7–8 min)** — Share the printed handout so everyone can follow along.
4. **Discuss (3–5 min)** — Use 1–2 reflection questions from the handout.
 - a. Example: *“How do you know when your ‘check engine’ light is on?”*
5. **Practice Together (1–2 min) — Try:**
 - Self-Check — 60-second Dashboard Check or “Name It” round.
 - Body Reset — Group Breath & Press or Shoulder/Jaw/Lower Back release.
 - Interaction Shift — Tone Reset, Pause Before Responding.
6. **Close with a Share-Out** — *“What’s one thing you’ll take into the rest of today?”*

For Ongoing Engagement:

- Rotate modules monthly or quarterly.
- Invite “champions” to lead a short practice before a shift.
- Post reflection questions in common spaces.

Quick Use Option (No Video)

Choose any one of the below practices.

1. **Check-in Together** — 60-second “dashboard check” at the start of meetings or shifts.
 - a. Example: *“On a scale of green, yellow, red—where are you?”*
2. **Choose a Shared Practice** — pick one:
 - a. 3 slow breaths
 - b. Shoulders–Jaw–Lower Back release
 - c. “Name It” round (share 1 word for your current state)
3. **Principle of the Day:** Safety, trust, peer support, collaboration, empowerment — choose one to focus on.
4. **Use in the Moment** — give each other permission to ask for a tone reset.
5. **End with Intention:** One sentence round: *“Here’s how I’m closing my day...”* or acknowledge wins, even small ones.

Commit to Your Team Practice

Choose one practice for your team each week. Try it in huddles, before a shift, or during a reset break.

Week	Our Team Practice	When We'll Use It (Optional)
1		
2		
3		
4		

Small, intentional actions create a culture of care.

For educational purposes only.

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