

Settling Routine

(hushed expectant voices from after clean up to entering the Meetingroom)

Put your feet on the floor

Exhale

3 Deep Breaths (audible breathes)

Don't worry whether you can do this or not

Lift your big toe on one of your feet and set it back down

Lift your little toe on your other foot and set that back down

Try to lift your middle two toes on your first foot / set them back down

Notice where your body is touching the chair

Notice, but don't get attached to any sounds in the room

Notice the air moving over your skin

Allow yourself to wonder what it will be like to enter the Meetingroom

Quietly stand up and head toward the Meeting room

Lets see if we can be so quiet they won't even notice us entering the Meetingroom.