

RAINBOW WALK GROUNDING TECHNIQUE

Sometimes life is overwhelming. The Rainbow Walk activity is designed to help ground yourself in the present moment and bring you to a place of calm.

1. FIND A SAFE SPACE OUTSIDE:

Begin by finding a safe and comfortable outdoor location to walk or move freely without distractions. It could be a park, a quiet neighborhood street, or any other place you feel at ease.

If you have any mobility issues or limitations, you can also participate in this activity from a comfortable seated position by simply using your hands to begin tapping in an alternating pattern on each knee, as demonstrated in the "Navigating Your Anxiety" video with Haruna Nail.

2. START MOVING:

Begin walking at a comfortable pace, paying attention to each step you take. Feel the ground beneath your feet, how your body is supported by the earth with each step, and notice the rhythm of your breath as you move forward. Keep an eye out for colors in nature as you walk. You will begin to start looking to spot and name as many objects that match the colors of the rainbow as you can. If you can't find an object of a specific color, think about something you like or are interested in that might be that color.



RED: What do I notice that is red?

ORANGE: What do I notice that is orange?

YELLOW: What do I notice that is yellow?

GREEN: What do I notice that is green?

BLUE: What do I notice that is blue?

PURPLE: What do I notice that is purple?

3. REFLECT ON YOUR EXPERIENCE:

After you've completed your walk, take a few moments to reflect on how you feel in your body. Notice any emotions or changes in emotions. Remember, the Rainbow Walk coping strategy is a tool you can use anytime you need to center yourself and find moments of calm.