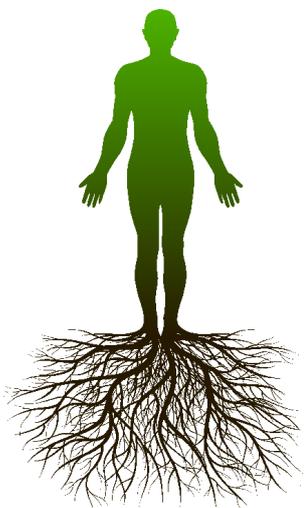


Releasing Stress - Grounding

1. Imagine that you have roots, like a tree, growing into the ground.
2. Use these imaginary roots to release any stress or anxiety into the ground.
3. Notice how much calmer and more stable you feel.
4. This can help a child to control their mental imagery and stop words moving on the page.
5. It is essential that you get grounded first and then help your child to get grounded before starting any homework.
6. This can help a child pay more attention in class, sit still and feel more confident.



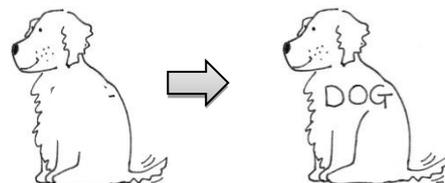
Imagine stress disappearing into the ground – leaving the person calm and stable.

Mental Imagery – The Spelling Process

Steps

1. Work on one word at a time.
2. Check the child understands the meaning.
3. If the word is a P.O.C.C. word (see attached list) then get them to imagine an image of the word. If not then they need to imagine a 'whiteboard' that they can write the word on.
4. Check the image is up to the left or right, and that it is stable and clear.
5. Put the word on a Post-it and hold it up so that it is in line with the image.
5. Hold it up until the child feels they can see both the image and word in their minds. Then remove the post-it.
6. Check the spelling out loud. To check if they are really 'seeing' the word, get them to spell it in reverse.
7. Get them to write it down.

Practise learning words this way throughout the week.



Example of Words for Spelling

Start with - P.O.C.C. Words

Words that evoke universal mental images:

People – e.g. mum, dad, sister, brother, nurse, fireman

Objects– e.g. cup, plate, truck, building

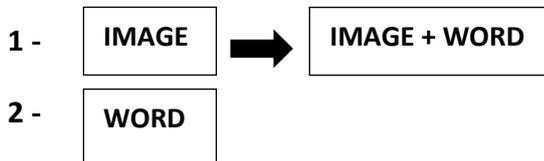
Creatures – cat, dog, horse, beetle, octopus

Colours – red, blue, purple, violet

These words are the best to start with as most people will think of similar images and ones that they have already seen.

Start with 3 letter words and gradually build up to 4, 5, 6 and longer words.

Process:



Examples:

3 letter words: bus, cat, dog, red, pig, cup, lid, rod, owl, tie, eye, ear

4 letter words: cake, duck, bird, hair, tree, shop, barn, boat, frog, nose

5 letter words: plant, chair, table, zebra, train, cloud, toast, tiger

6 letter words: garden, monkey, peddle, rabbit, button, hammer, rocket

7 letter words: elephant, picture, penguin, cushion, balloon, giraffe

8 letter words: football, squirrel, envelope, sandwich, ladybird

Then - All other words

All other words:

Any word that cannot be seen and felt goes in this list.

Although many of the words evoke an image they are generally made up images or ones that are unique to that person.

The word itself becomes the image.

Process:

1 -

WORD

Use an imaginary whiteboard to stick the words on.

Examples:

2 letter words: at, in, on, it, is, or, an, am, to

3 letter words: and, the, she, her, his, air, day, was, fun

4 letters: idea, them, they, four, flow, stop, hymn

5 letters: happy, shout, crash, noise, sounds, rough, again, shine

6 letter words: almost, called, circle, action, pizzazz

7 letter words: exclaim, discuss, because, explain, through,

8 letter words: suddenly, exciting, overturn, separate, express

9 letter words: something, excellent, brilliant, understood