



EMDR-Informed Earth Day Resourcing Activity for Kids



Instructions

Introduce the Idea



- Say: "On Earth Day we celebrate how plants grow and take care of the Earth. Did you know that inside you there are also seeds? Not plant seeds—but seeds of strength. These are things that help you feel brave, calm, loved, or proud. Today we're going to plant a special garden of strengths in your brain so they can grow bigger and stronger."

Step 1: Choose a Seed of Strength



- Invite the child to choose a strength seed.
- Examples:
 - Brave Seed
 - Calm Seed
 - Kindness Seed
 - Confidence Seed
 - Friendship Seed
 - Hope Seed
 - Love Seed
- Say: "What kind of strength would you like to grow more of?" or "When have you felt a little bit of that before?"

Step 2: Find the Memory Soil



- Say: "For seeds to grow, they need good soil. In our brains, the soil is a memory of a time when that strength was already there a little bit."
- Ask:
 - "Can you remember a time you felt even a tiny bit brave?"
 - "When did someone help you feel loved or safe?"
 - "When did you feel proud of yourself?"

Step 3: Notice the Strength Growing

- Invite the child to notice the positive experience and ask gentle sensory questions:
 - "What do you notice in your body when you think about that moment?"
 - "Where do you feel the strength?"
 - "If that feeling were a plant, what would it look like?"

Step 4: Install the Resource (Bilateral Stimulation)

- While the child focuses on the positive feeling and image, introduce slow back and forth movement (approx 8-10 passes) of the child's choice.
- Examples for kids:
 - Butterfly hug taps
 - Tapping knees left and right
 - Squeezing playdoh back and forth
 - Gentle side-to-side rocking
- Say:
 - "Notice your seed growing."
 - "Let that strong feeling spread a little."
 - "Your brain is watering the seed."
- Continue short sets of slow back and forth movement (approx 8-10 passes) until child reports their resource feels super strong!

Step 5: Grow the Strength Garden

- After several sets, expand the imagery.
- You might say: "Your seed is growing into a strong plant." "What color are the leaves?" "How big is the plant now?" "What helps it grow?"
- Add a short slow set of BLS of child's choice to strengthen (approx 8-10 passes)

Step 6: Create a Strength Garden

- Say: "Your brain can grow a whole garden of strengths."
- Invite them to imagine:
 - Different plants for different strengths
 - A garden they can visit anytime
 - A safe place where strengths grow
- You might say: "If a hard moment happens, you can visit your garden and remember the strengths growing there."
- Strengthen with one final short set of slow BLS of child's choice

