



Anchoring Like a Holdfast Journal

After practicing “anchoring like a holdfast” for one to two minutes—paying attention to your breath and feet—take a moment to write what you noticed in your inner ocean.

Instructions for Students:

1. Anchoring Practice

Begin to pay attention to your inner ocean by paying attention to your breath.

- Sit tall and still like a Blue Heron.
- Close your eyes or look down gently.

2. Take slow deep breaths like the whale for 1–2 minutes, noticing the air moving in and out.

3. Notice: What lives in your inner ocean today.

- The movement of your chest expanding and contracting
- Sounds that your own body might make (breathing heartbeat, etc.)
- Bring your attention to your feet, feeling their connection to the earth. Feel your feet connecting like holdfast.

4. Pause: Gently check in with yourself.

- How do you feel now after being still and breathing?
- Is your mind quieter? Your body calmer.



Explore ways to anchor.
Anchoring brings calm!

Anchored in the Present

Kelp Forest Reflection

In this moment I feel...



How do you feel after doing the anchoring activity?

I can use anchoring when...



Anchoring like a Holdfast

Journal about your experience of
anchoring yourself like a holdfast.

In this moment, I feel...

I feel 'anchored' because...

One detail around me that I notice is...
