



WELCOME TO YOUR QUIVER

Time frame: 30 minutes

What you need: blank paper or note cards, pens/pencils/markers, your body

But before we introduce you to some of our favorite go to Groundswell boards in the quiver, I want to invite you to explore the quiver you already have inside you...what does your body naturally do to help you self regulate when you are feeling overwhelmed, triggered, checking out, or not present.

- Some of us yawn which engages our vagal nerve as well as expels old air and helps welcome in new oxygen to the brain.
- Maybe we close our eyes for a moment to go in and take a break
- Some animals, like dogs, shake their bodies after fending off a potential threat to expel excess adrenaline. Maybe we can too :)
- Maybe our body makes us have to pee as an opportunity to get out of a situation and take a break
- Some of us doodle, tap our heart, stretch our body, take breathes...we each have some natural and some practiced things our bodies do in order to be present again.

Take a moment to reflect on what boards (practices) are already in your quiver. What boards does your body naturally surf to support you? What boards have you invited into your quiver (your practice) through your own therapy, yoga, meditation, and self care exploration? **Write down 3 of your boards that have supported you in your own healing journey thus far.** (we will come back to these in a moment)

Now let's make your quiver!

You will need blank paper or note cards, colors, scissors and 10-20 minutes.

Put on your pre-surf session pump up playlist and begin drawing the outline of a variety of board shapes; long boards, short boards, fish, pin tails, guns, boogie boards...whatever makes you smile. Make sure each board outline is large enough to give you space to write and draw on the inside later. Once you have the outline of 20 boards, grab your scissors and start cutting them out. Check out your quiver!! You are ready for all ocean conditions!

Over the next 2 surf sessions together we will be introducing you to some of our favorite Groundswell boards in our quiver and inviting you to practice them with us. But before we share with you ours, we want to make sure you have a couple boards of your own that you are already

familiar with and enjoy, ready to pull as conditions change throughout our time together. So take the three boards you wrote down earlier and write/sketch/express each of these on a different board you have cut out in front of you. Only YOU need to understand what you put on the board. Keep your three boards with the rest of the blanks and have them ready to play with as we paddle out together tomorrow.