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# Grounding

## Grounding

Tara had just finished helping out around the house and was now eager to play. Her favorite activity was running races with her friends, and sometimes they even raced barefoot, which she found to be more enjoyable. One day, Tara's friend told her about research being done on the benefits of walking barefoot, also known as grounding or earthing. According to the studies, this activity involves electrically reconnecting with the earth, which can have positive effects on the body.

Hi!  
I am Tara



Tara knew that the human body has equal amounts of positive and negative electrical charges, which keeps it neutral. However, an imbalance can occur if one charge becomes more dominant than the other. Walking barefoot on the ground allows the excess

charge to flow into the earth, which can help restore the body's natural defenses. Tara remembered seeing the + and - signs on the electric cells of her TV remote control, which helped her better understand this concept.



Research has shown that grounding can help reduce pain, stress, depression, and fatigue. You can ground yourself by simply walking on grass, sand, or mud and allowing your skin to touch the natural ground. However, it's important to ensure that the ground is free of broken objects that may cause injury.



If you are unable to go for a barefoot walk, there are still ways to ground yourself indoors. Tara learned about the innovative idea of using a grounding sheet or socks while sleeping, as well as using a grounding mat in a home or office chair. These items have been designed to help ground you throughout the day, even when you're inside.

Impressed with this innovation, Tara decided to come up with her own invention to help counter the impact of climate change. She also planned to mobilize people around her to follow a lifestyle that reduces greenhouse gas emissions. She began jotting down some ideas on how to achieve this goal.



## New Words

1. **Fatigue**- extreme tiredness.

2. **Depression**- feeling of sadness.

3. **Invention**- doing something which has never been done before

Find other new and interesting words for each other, and write their meanings in your notebooks.

## Comprehension

1. What is another name for grounding?
2. Where do you have to walk to earth yourself?
3. How does earthing benefit us?
4. Where did Tara see +/- signs?
5. What other activity has the same effect as walking on the ground?
6. What can be used for indoor grounding?

Take turns to make more questions like these above for each other and answer them.

## Prompts Pair up

### 1. Static Electricity Experiment:

- a. Do a science experiment to understand electrical charges and grounding.
- b. One of you rubs a balloon against a woolen sweater, while the other holds the balloon close to their hair. Observe how the hair is attracted to the balloon due to static electricity.

### 2. Grounding Tag Game:

- a. Take off your shoes and play a game of tag on the grass.
- b. Feel the sensation of being grounded while running and having fun together.

### 3. Color a Grounding Scene:

- a. Both of you, work together to color a sheet showing a person walking barefoot on grass or sand.
- b. Read the caption and discuss the benefits of grounding while coloring.

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Grounding  
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