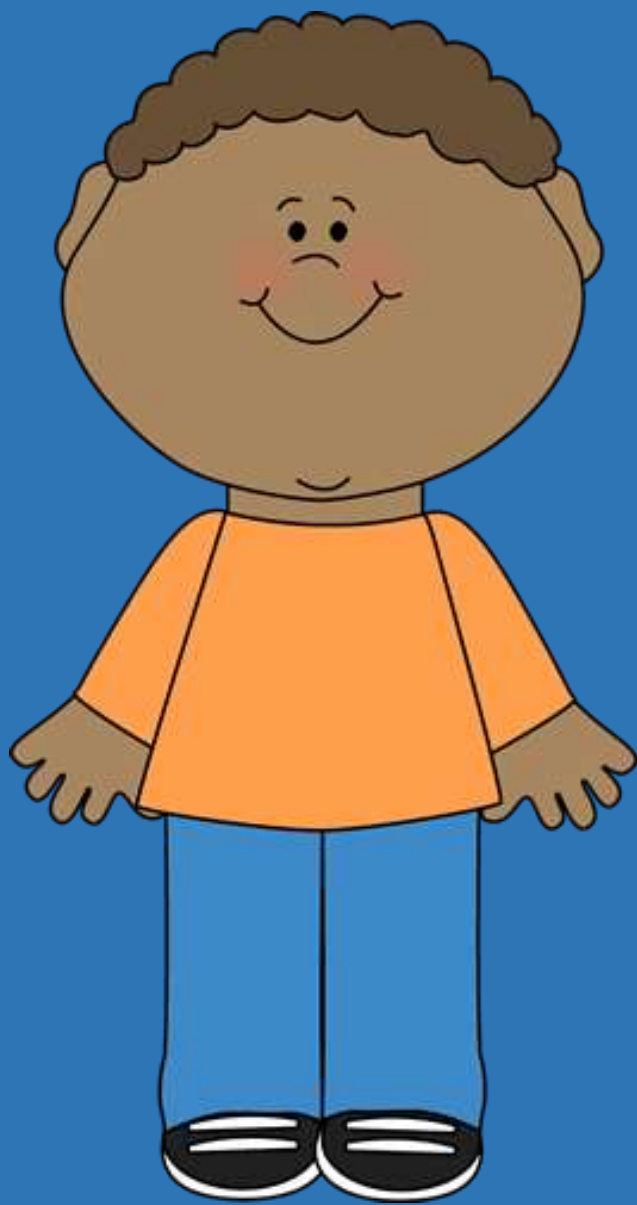
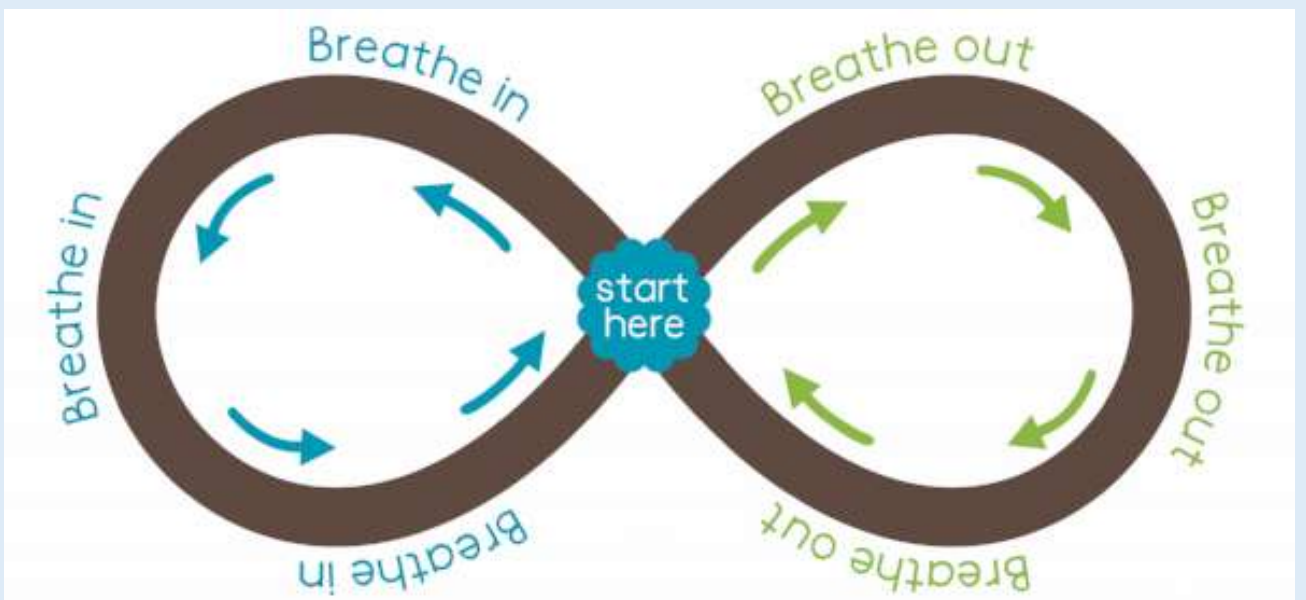


How can I keep calm
when I feel worried?



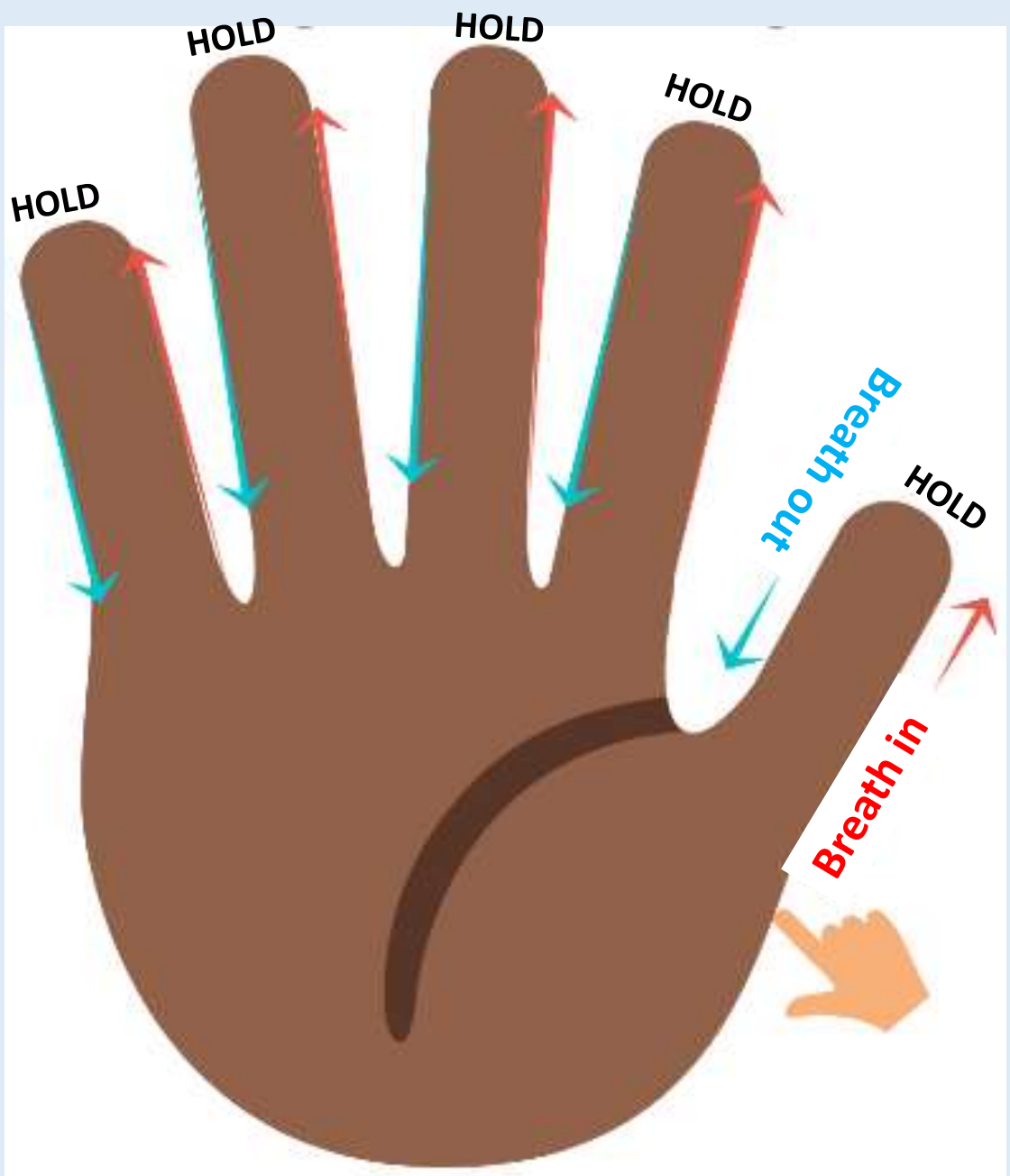
Race car breathing

I can trace this race track with my finger to help slow my breathing



Hand Breathing

I can use my hand to help me breath slowly



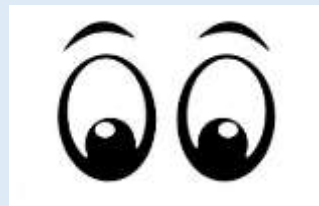
Looking around

I can focus on things around me

1. **Sit comfortably**
2. **Take a deep breath**
3. **Then notice the following...**

5

things you **see**



4

things you can **feel**



3

things you can **hear**



2

things you can
smell



1

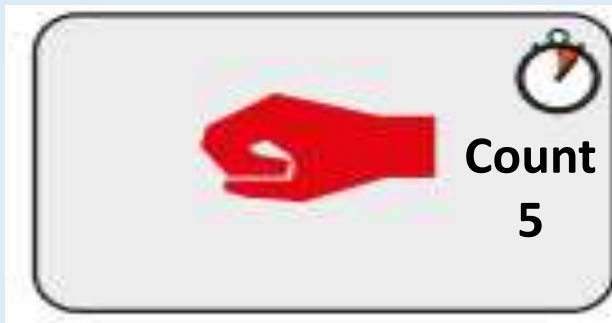
thing you can **taste**



Relaxing my body

I can tense and relax my body

Squeeze your right hand into a fist



Then relax your right hand



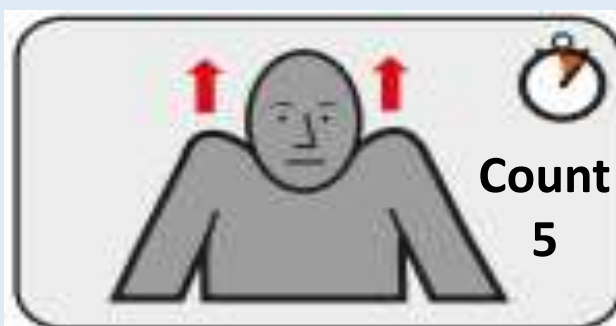
Squeeze your left hand into a fist



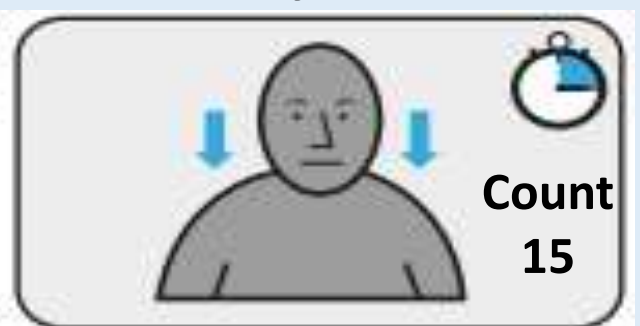
Then relax your left hand



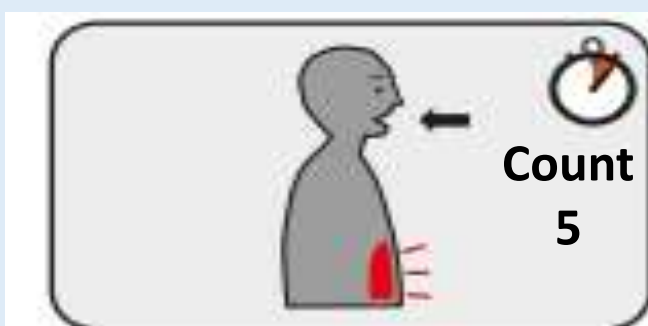
Shrug your shoulders



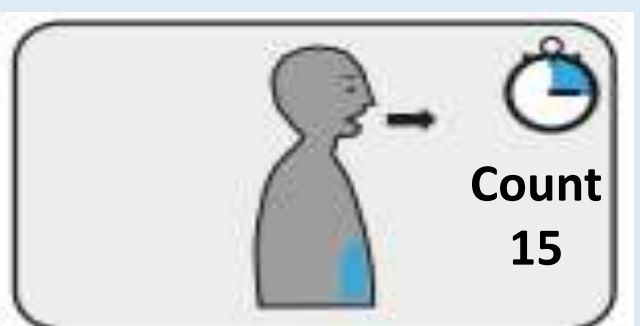
Then relax your shoulders



Tense your tummy



Relax your tummy



Blow out the candles!

I can take a big breath in through my nose and out through my mouth

Smell the flowers.



Breathe in.

Blow out the candles.



Breathe out.

Stress ball

I can squeeze my stress ball



You can make
your own stress
ball by filling
balloons with dry
lentils or rice!

Stretches

I can do some stretches



My calm place

I can think about my calm place ...



1. Close your eyes
2. Take a deep breath in and out
3. Imagine a place in your mind
4. Imagine...

What can you **see**



What can you **feel**



What can you **smell**



What can you **hear**



What can you **taste**

