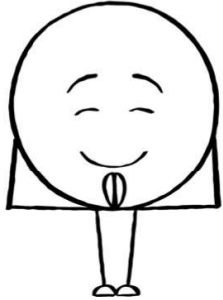


Breathing

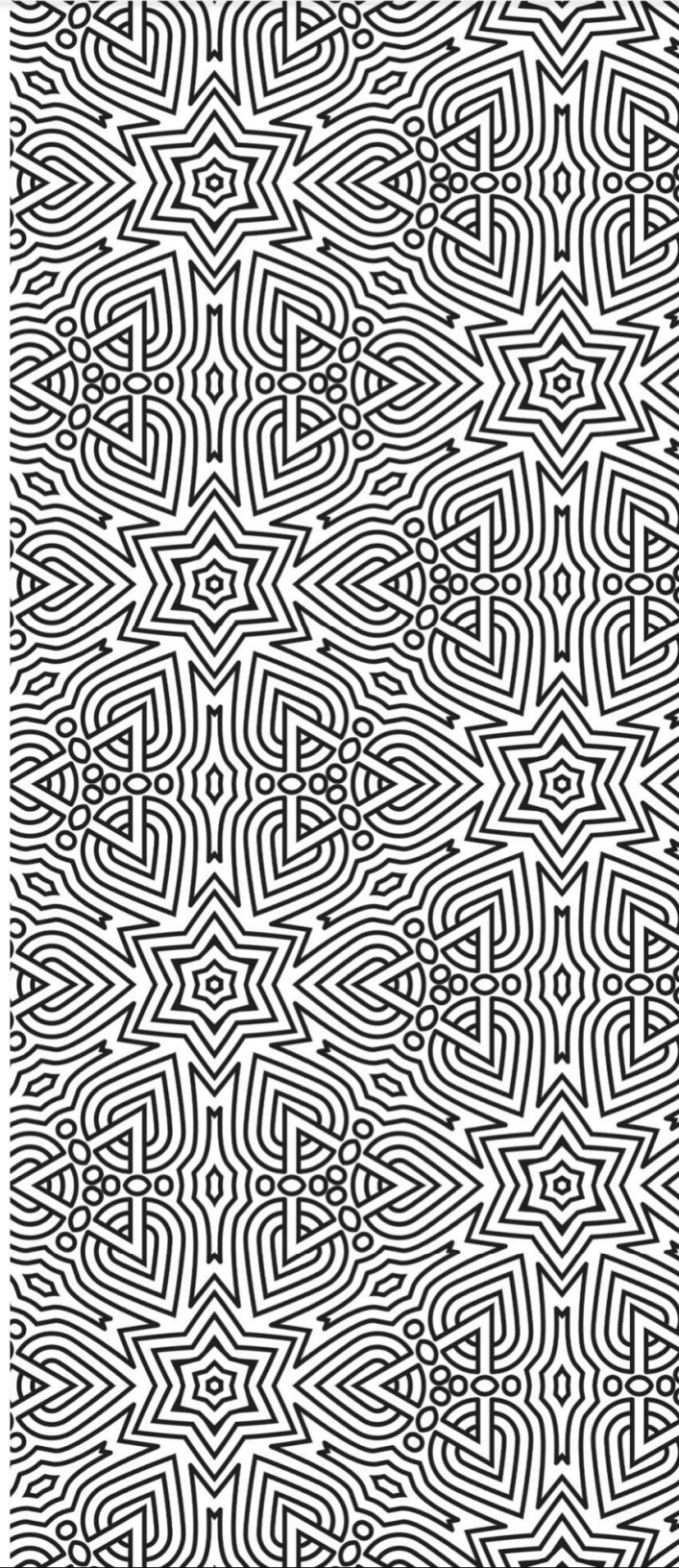
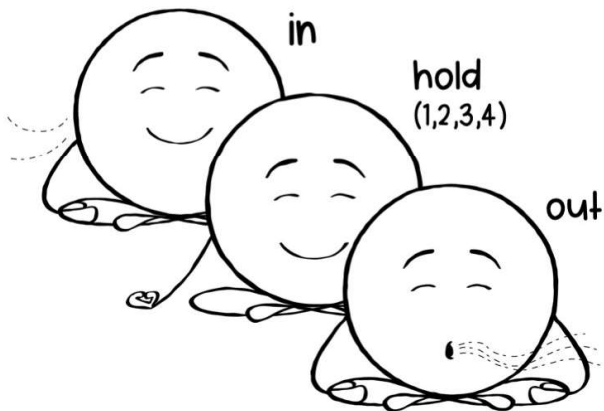
Belly Breathing

- Place your hands on your belly.
- Breathe in slowly with your nose.
- Feel your belly rise.
- Breathe out slowly with your mouth.
- Feel your belly fall.
- Repeat.



Hold-Out!!! Breathing

- Take a deep breath in your nose.
- Hold it & count to four in your mind.
- Exhale slowly from your mouth.



CALMING TOOLS



Turn negative thoughts into positive thoughts! If you start worrying about something, repeat these words:

- I can do this.
- I am enough.
- Everything will work out.
- I can let this go.
- I am strong enough.

Finish these sentences with positive things about yourself.

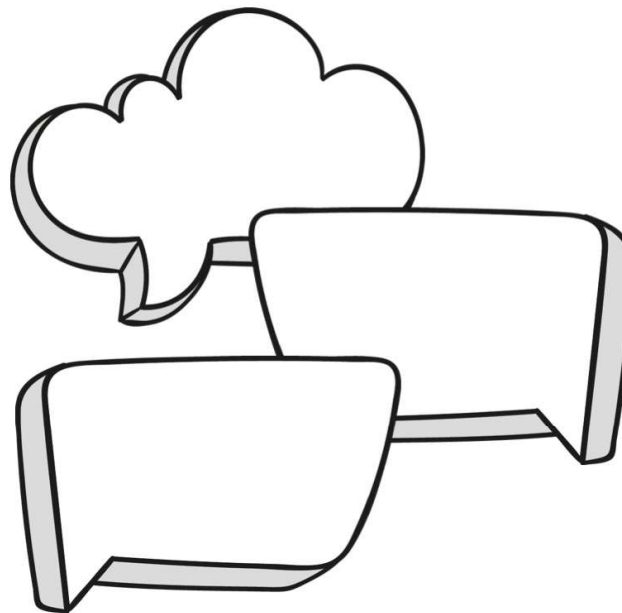
I can do this well:

I did this kind thing for someone:

People like it when I:

I think the best thing about me is:

Things that make me feel thankful



Trusted adults I can go to when I need help:

Other examples of things that can make me feel calm:

spa music, coloring, stretching, slime, squishies, reading, writing, drawing, singing, being creative, arts & crafts, movies, stress balls

Grounding



List 5 things you see right now.



List 4 things you could feel on your skin right now.



List 3 things you hear right now.



List 2 things you can smell right now.



List 1 thing you can taste.



I can still taste my lunch in my mouth.
My hair smells like strawberries.
The desk is cold on my arm.
I can hear a bird chirping.
I see a clock on the wall.