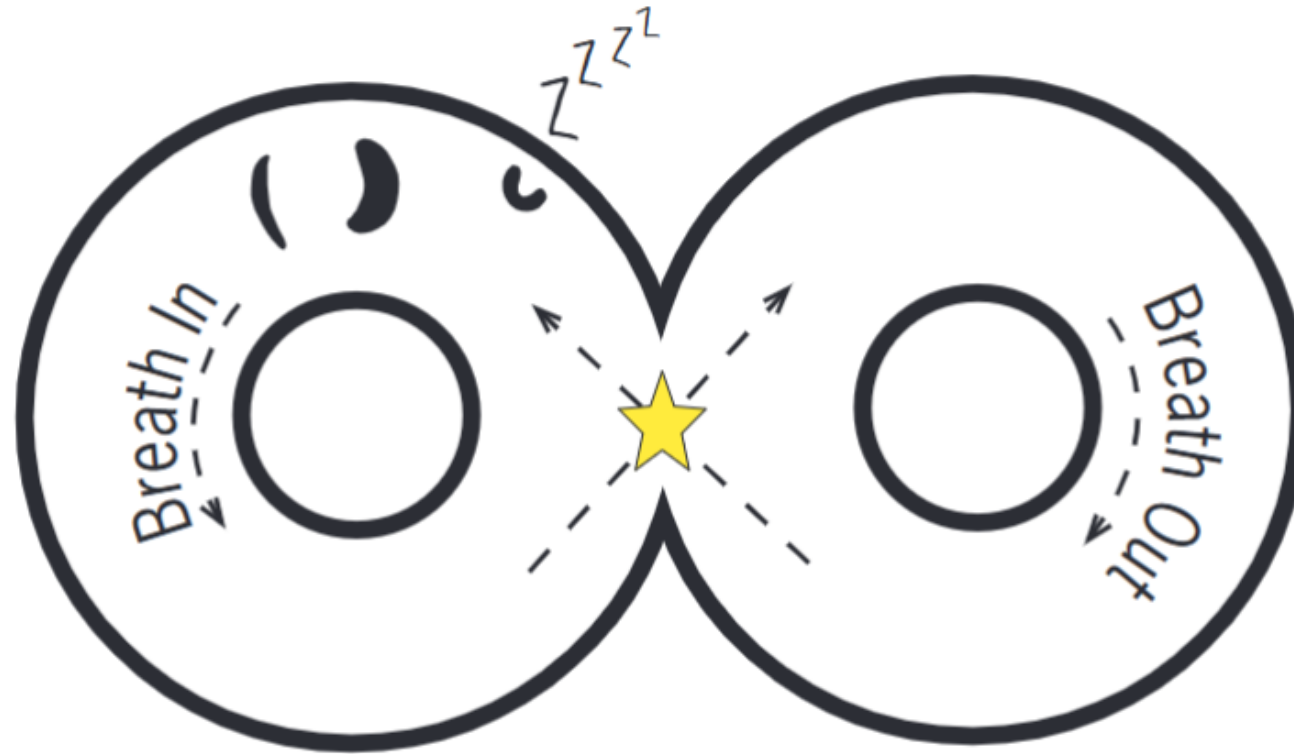


Lazy 8 **Breathing**



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

Trace and Breathe

Trace along the rainbow with your finger
as you breathe in and out



5-4-3-2-1 Mindfulness

List...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



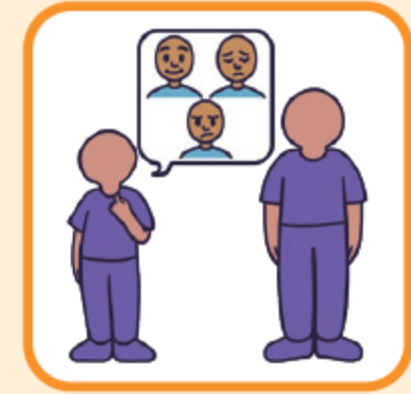
I could take a break.



I could go for a walk.



I could do some exercise.



I could talk to an adult about my feelings.



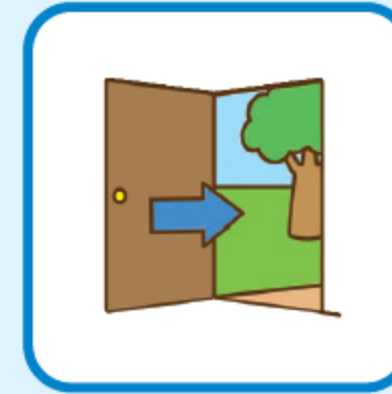
I could ask for a hug.



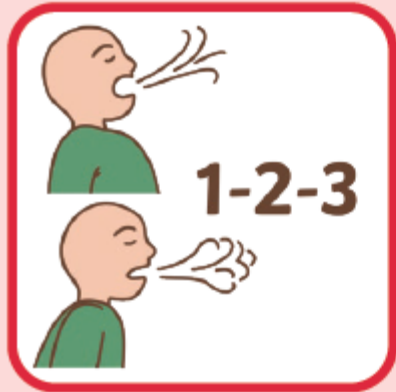
I could talk to an adult about my feelings.



I could have a rest.



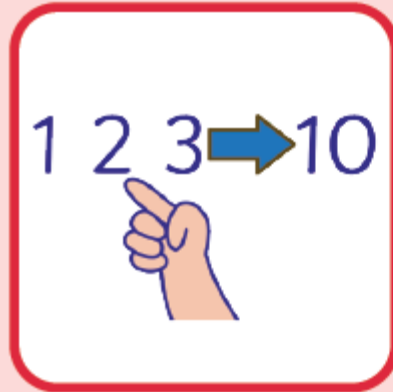
I could go outside.



**I could take
deep breaths.**



**I could
have some
quiet time.**



**I could
count to 10.**



**I could squeeze
a cushion or
something soft.**