



FEELINGS CHART

I FEEL



calm



sleepy



surprised



worried



excited



sad



happy



scared



angry



tired



I NEED



a hug



to play



to breathe



you to hold my hand



High Five



To do yoga



the calm corner



my fluffy toy



COUNT TO CALM

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100



CALM YOURSELF WITH
5 FINGER BREATHING
BRAIN BREAK



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.



SQUARE BREATHING

Hold for 4

Breathe in for 4

Breathe out for 4

*Start
here*



Hold for 4

Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.

CALM YOURSELF WITH



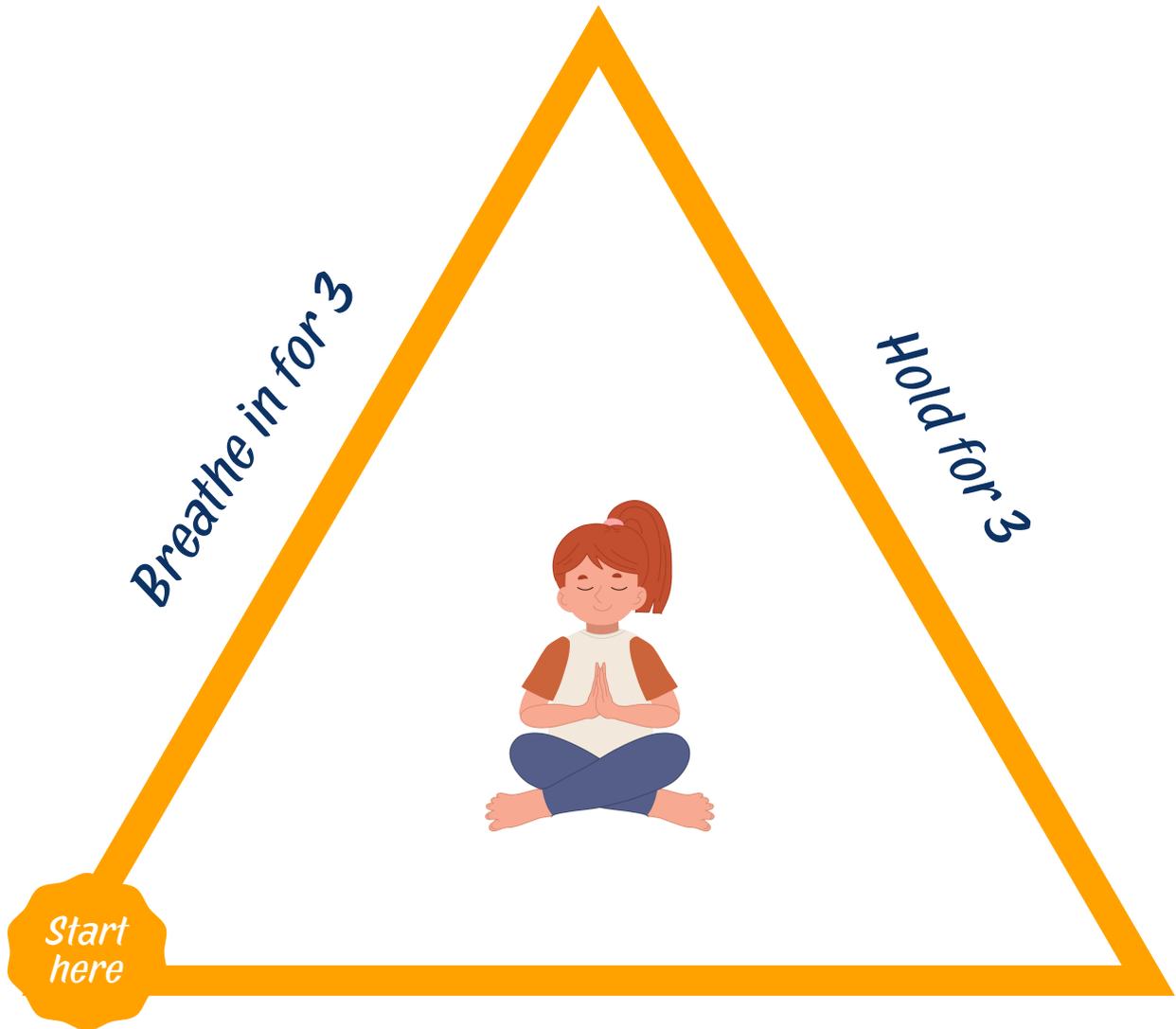
STAR BREATHING



Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star.



TRIANGLE BREATHING



Breathe out for 3

Starting at the left bottom of the triangle. Trace your finger up the side while you take a deep breath in. Hold your breath for three seconds as you slide down the other side. Breathe out along the bottom of the triangle. Repeat it until you are calm.