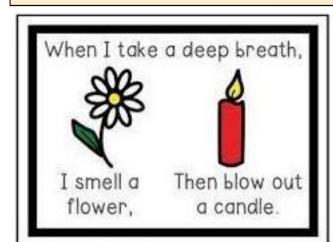
Are you calm or would you like to take another 5 breaths?

- 1. Stretch your hand out like a star.
- 2. Get the pointer finger of your other hand ready to trace your fingers up and down.
- 3. Slide up each finger slowly ~ slide down the other side.
- 4. Breathe in through your nose ~ out through your mouth.
- 5. Put it together and breathe in as you slide up and breathe out as you slide down.

Keep going until you have finished tracing your hand.





CALMING STRATEGIES

BREATHING **EXERCISES**





Burry Breathing



- Take 3 sniffs in through the nose
- Now exhale it out
- Repeat 3 times
- Take a long breath in and sigh it out!





Bubble Breath



- Imagine you have a wand to blow bubbles.
- Take a deep breath in through your nose.
- Slowly breath out through your mouth as if you are blowing a bubble through a wand.
 - Repeat as many times as necessary.