

Do some Yoga



Five Senses Grounding



5 things I can see



4 things I can feel



3 things I can hear



2 things I can smell



1 thing I can taste

Check...

"Am I overreacting?"



Size of Problem

Big worry – Little worry

Strong messages for my brain

I can handle this

I am safe

I am strong

I am brave



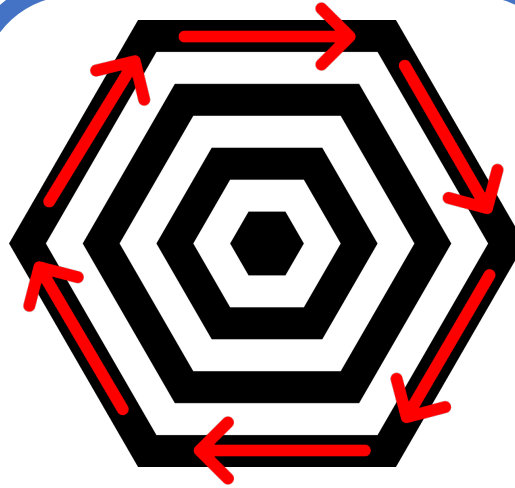
Read



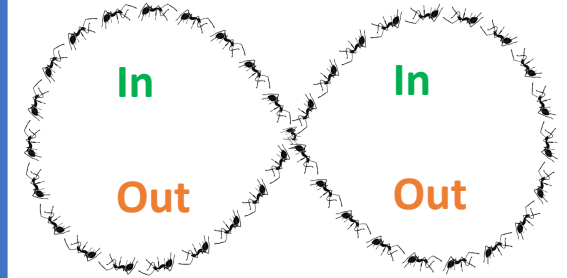
Talk to an Adult



Star Breathing



Six Sides of Breathing

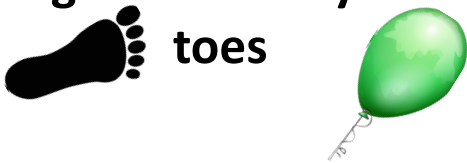


Infinity Breathing

Breathe in through
your nose



Right down to your
toes

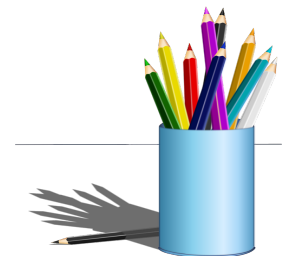


And out like you are
blowing up a balloon

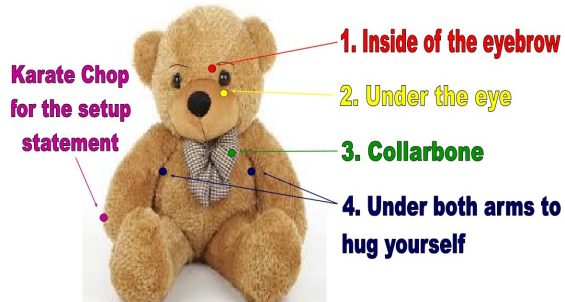
Go for a walk –
get a drink



Draw a Picture
about how you
feel



Tapping Points for Children



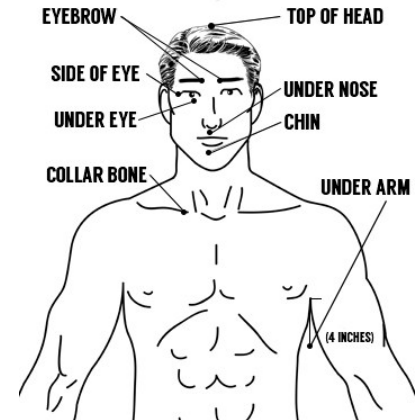
Tapping

*“Even though I am worried,
I am a really great kid”.*

*“Even though I am angry,
I’m an awesome child”*

*“Even though I get the
wiggles – I’m a great kid”*

TAPPING POINTS



Name my Feelings

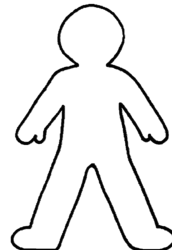
I feel angry
I feel frustrated
I feel worried
I feel hurt
I feel sad



Name them to tame them

Body Scan

*Where am feeling
worried/angry/happy in
my body? How does it
feel? What shape? What
colour? How big?*



Do a Random Act of Kindness

Thank
You!

MOVE



Jump up and down!
Do stretches! Run!

Use a fidget toy,
small shell or stone



Dance



It is ok to feel:

- Angry
- Worried
- Sad
- Happy
- Excited



*It is not ok to hurt
ourselves, others or
property.*

Sing or Listen to Music

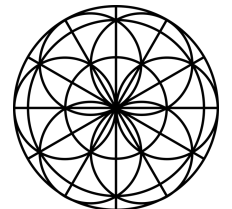


*If feeling worried - calm
or happy music may help*

Do a puzzle



Colouring in
(Mandala)



Create some art



If I am

- Worried
- Angry
- Frustrated



I can use strategies to help me feel ok and ready to do the things I need to do.

Put my arms up



and breathe in

Put my arms down



and breathe out



STOP

Take a Breath

Observe what is happening

Plan what strategy to use



I am strong and brave!

I am in control of my words and my actions

My superpower is self-control

What works for you

