

## 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



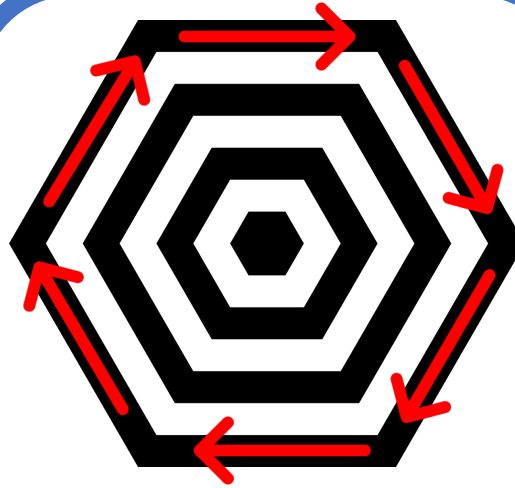
## Read



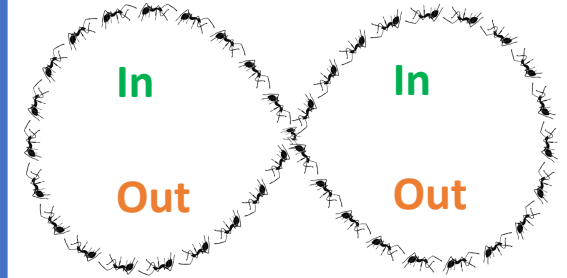
## Talk to an Adult



## Star Breathing



## Six Sides of Breathing



## Infinity Breathing

Breathe in through  
your nose



Right down to your  
toes

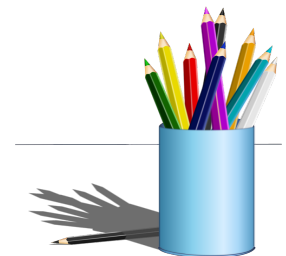


And out like you are  
blowing up a balloon

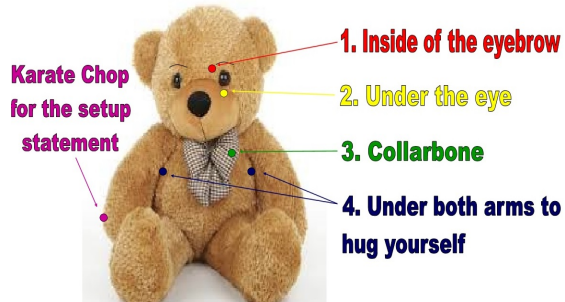
Go for a walk –  
get a drink



Draw a Picture  
about how you  
feel



## Tapping Points for Children



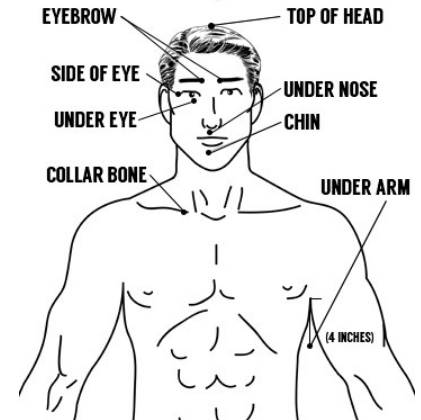
## Tapping

*“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

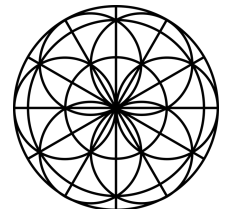


*If feeling worried - calm  
or happy music may help*

Do a puzzle



Colouring in  
(Mandala)



Create some art



- If I am
- Worried
  - Angry
  - Frustrated
  - Slack



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**

