

Do some Yoga

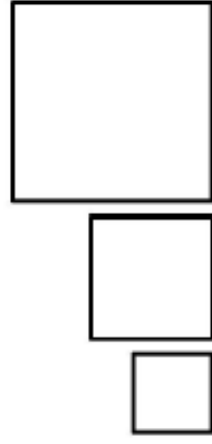


5 things that are **BLUE**



Check...

*“Am I
overreacting?”*



*Big worry –
Little worry*

Size of Problem

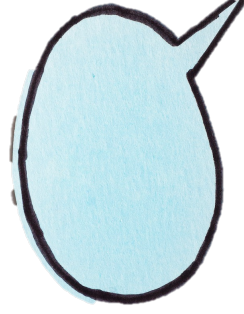
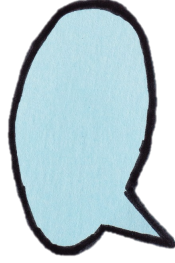
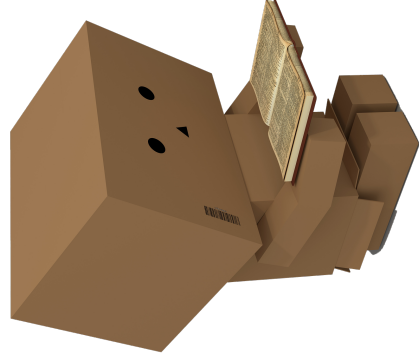
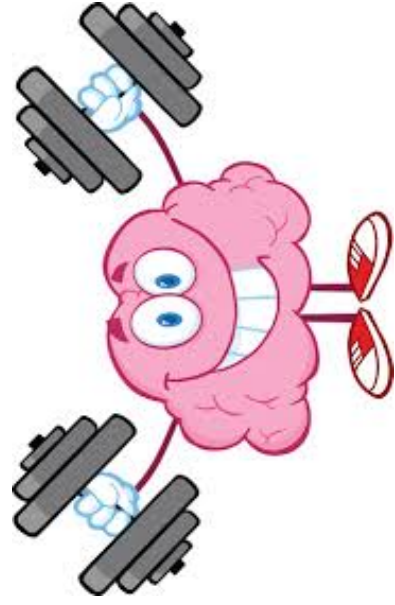
Strong messages for my brain

I can handle this

I am safe

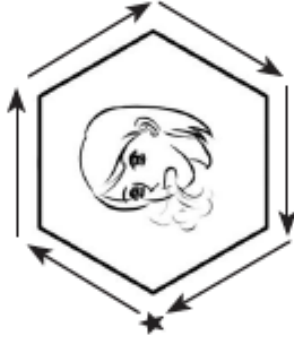
I am strong

I am brave



Talk to Adult

Star Breathing or High 5 Breathing

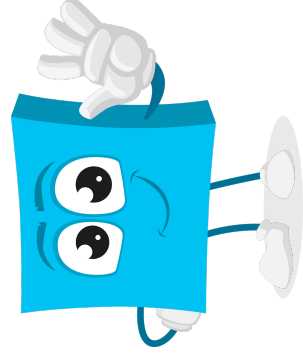
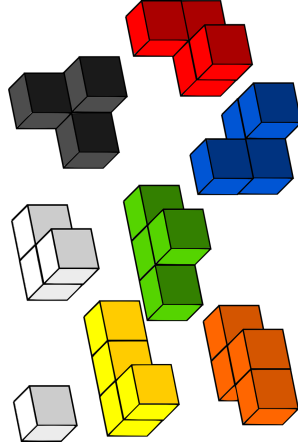


Six Sides of Breathing

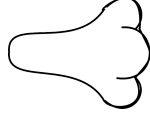


Lazy 8 Breathing

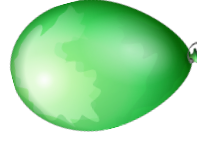
5 things that are Square



Breathe in through your nose



Right down to your toes

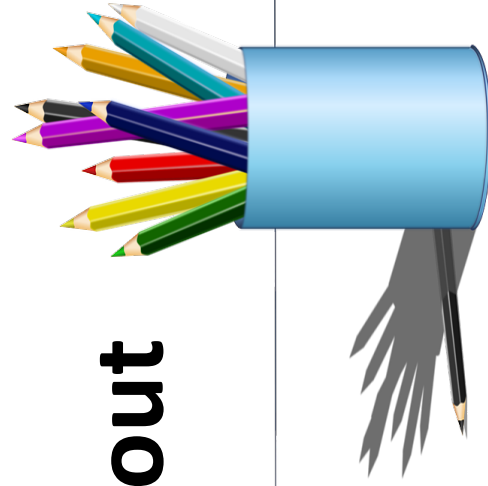


And out like you are blowing up a balloon

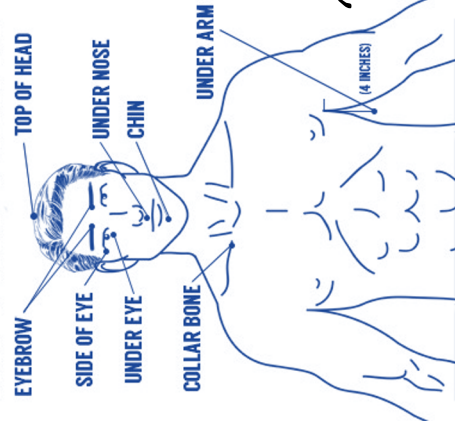
**Go for a walk –
get a drink**



**Draw a Picture about
how you feel**



TAPPING POINTS



Tapping

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

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

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

Boris' Tapping Points



Based on Alex Ormer's Gorilla Thumps and Bear Hugs (2016).
Anne Marie Terry, 2021

Tapping

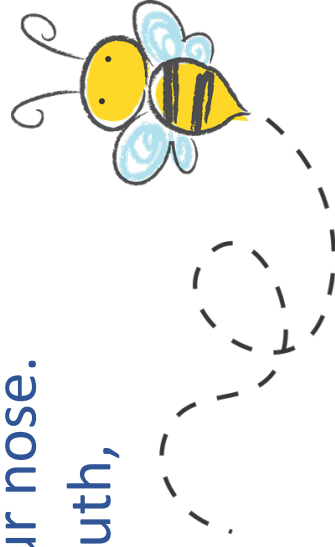
*“Even though I am worried,
I am a really great kid”.*

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

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

Bumble Bee Breathing

Breathe in slowly through your nose.
Breathe out through your mouth,
saying “buzzzzzzzzzz” for as
long as you can



Name my Feelings

Name them to tame them

I feel angry

I feel frustrated

I feel worried

I feel hurt

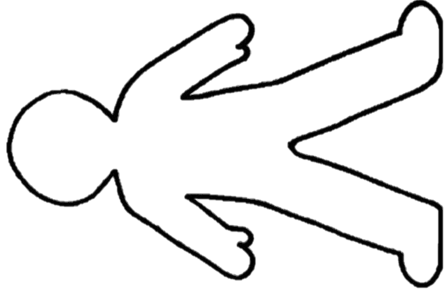
I feel sad



Body Scan

Use my Magic Body Scanner

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

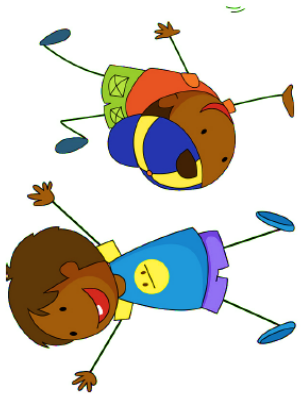


Do a Random Act of Kindness

Being kind to others
makes us feel good

Thank
You!





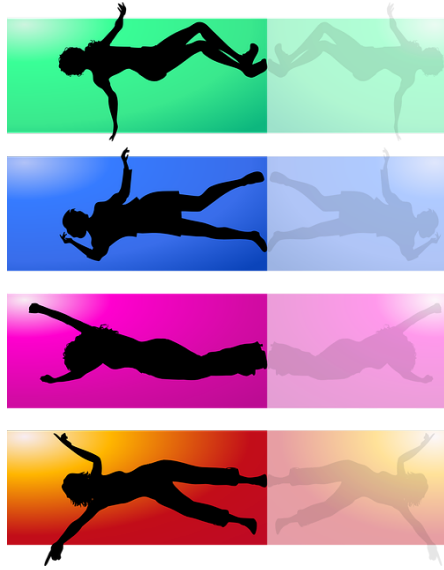
move:
jump up and down,
do stretches or run



Cross Crawl



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!!

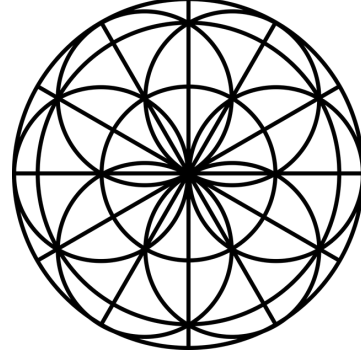
*If feeling worried –
calm or happy music
may help*



Listen to Music

Do a puzzle

**Colouring in
(Mandala)**



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



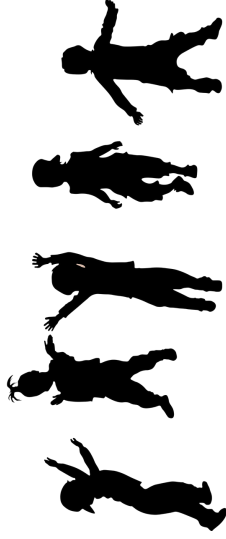
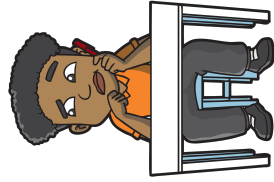
**What works for
you?**

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



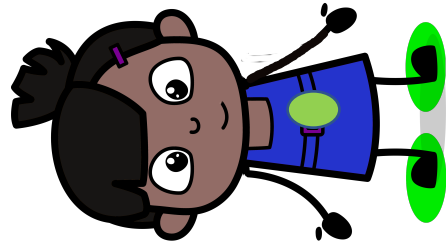
and
breathe
in



Put my
arms
down

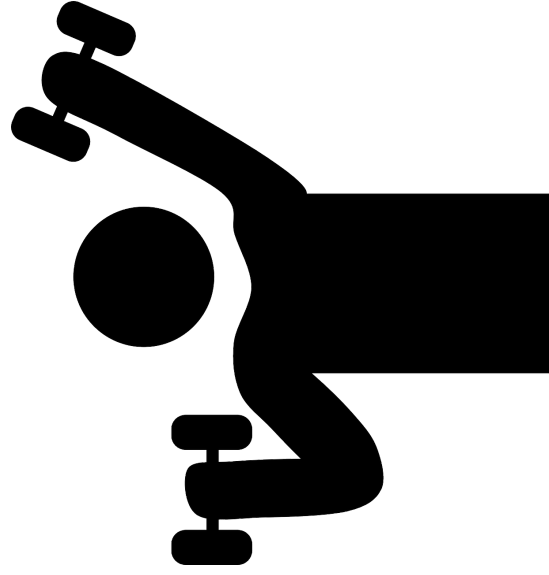
and
breathe
out





Before I do anything or
say anything I need to

- Be Grounded
- Be Centred
- Breathe



Walk away
STRONGLY

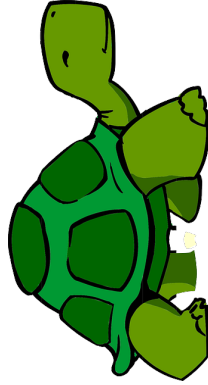
Start standing up
Breathe in as you
crouch down.
Then, jump up,
spreading your arms
and legs as you
breathe out.

**EXPLOSION
BREATHS**



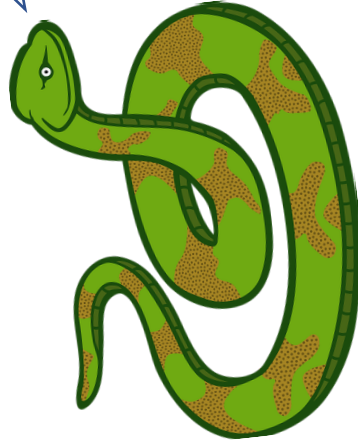
Turtle Breathing

Go into your “shell”.



Take three deep breaths and think calming thoughts, such as: “I can calm down,” “I am OK”, “I can think of solutions to my problem,” “I am good at solving problems”.

Hissssss



Snake Breath

Breathe in through the nose and breathe out through the mouth with a long, slow hissing sound.

Repeat

Breathe in through your nose
The - Puff out your cheeks
Breathe out through your mouth (with fish lips)

Fish Breath

