

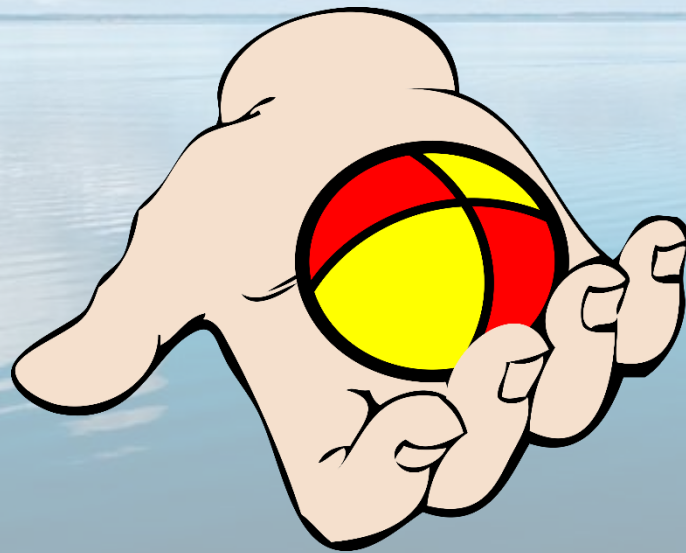


20+ calming exercises

Bring your attention to
your breathing... take
extra long out breaths



Squeeze a stress ball
or use another fidget
toy



Roll your neck and
shoulders



Think of at least 3
things you are grateful
for



Squeeze your fists
together as hard as you
can... hold... then relax
your hands



Imagine a peaceful and
calming place



Count to ten and back,
in coordination with
your breath



Push against the wall as
hard as you can... then
relax your body



Doodle, draw or colour



Stretch



Place your hands over
your ears and breathe
slowly and deeply...
listen to the sound your
breath makes



Drink water



Write down any
thoughts and feelings



Ask permission to take
a short walk



Tell yourself a positive
affirmation or mantra
"I am going to have a
positive day"



Think or write a list of
3 positive things in your
life



Give yourself an arm
and hand massage



Rub your temples



Do 20 jumping jacks




Slowly trace your hand
with your finger - breath
in as you trace up, breath
out as you trace down





Name 5 things you see
Name 4 things you feels
Name 3 things you hear
Name 2 things you smell
Name 1 thing you can
tasks



Remind yourself - it's
okay to make a mistake

miStAkEs

are proof
that you are

TRYING

Read in a quiet spot

