

# Calming Down

- 1) Sit down in a **comfortable** position.
- 2) Close your eyes and;
  - Focus on **breathing in and out**
  - Count to **10** in your head
  - Think about something that makes you **happy** or something that you are **looking forward to**.
- 3) Think about what happened. **Why** did you need to take a break? What can you do **next time**?
- 4) Once you have calmed down, **join** the rest of the class.

# How Are You Feeling?



Ready to Explode



Angry



Annoyed



Sad



Okay

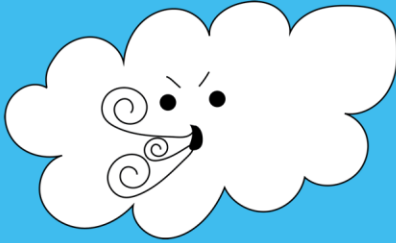


Great

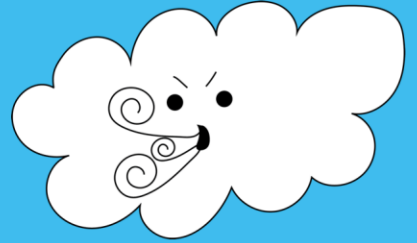
# Breathe In, Breathe Out

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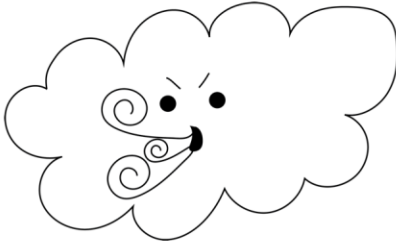
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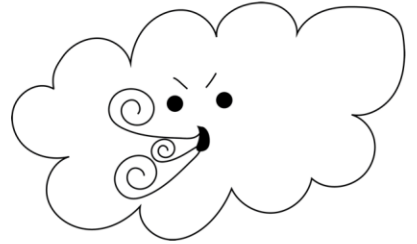
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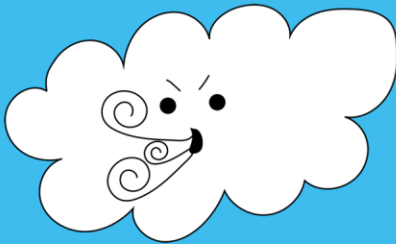
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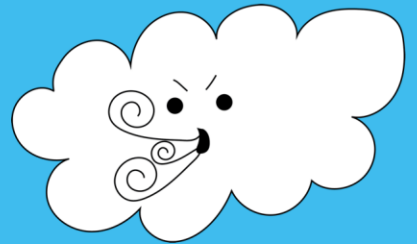
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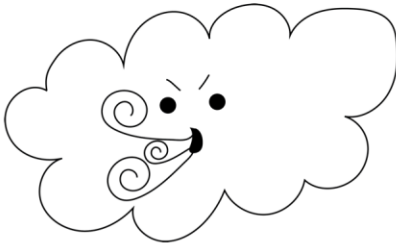
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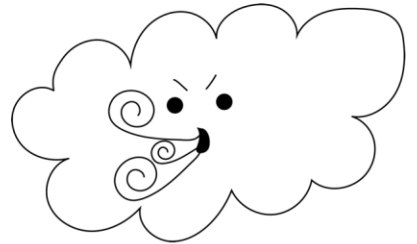
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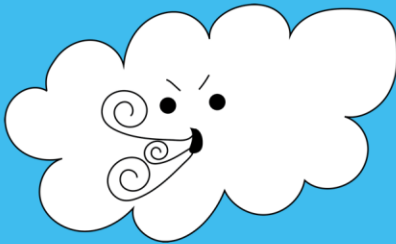
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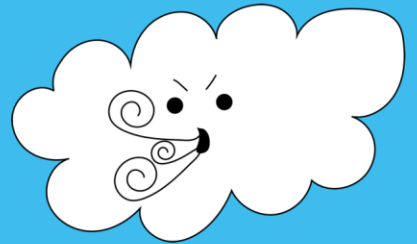
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5



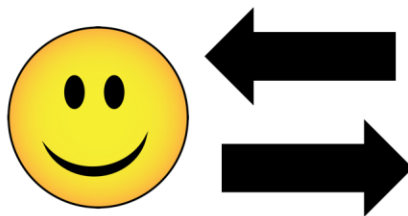
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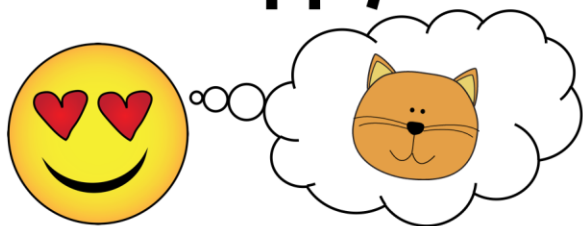
**Count to 10  
in my head**



**Focus on  
breathing in  
and out**



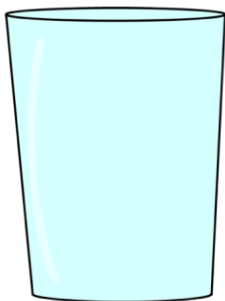
**Think about  
something that  
makes me  
happy**



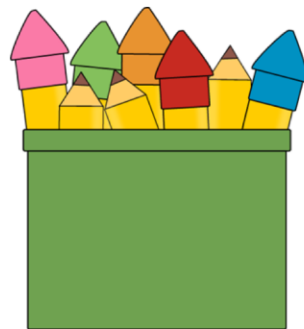
**Think about  
something that  
I am looking  
forward to**



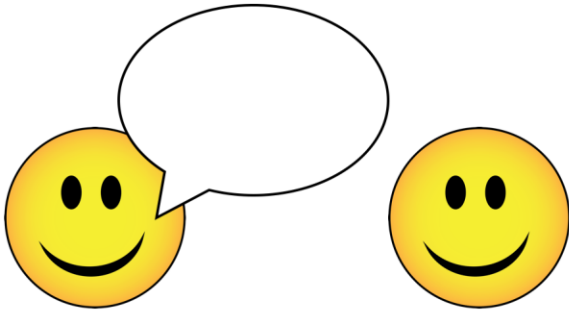
**Drink some  
water**



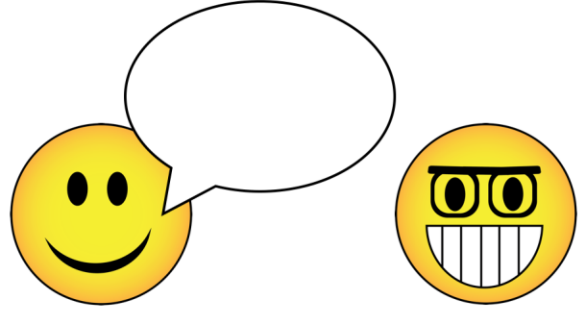
**Draw a  
picture**



**Talk to a  
friend**



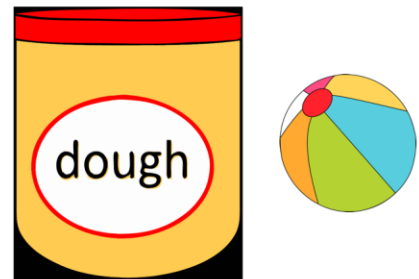
**Talk to my  
teacher**



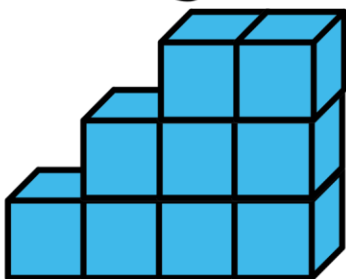
**Do some  
exercises**



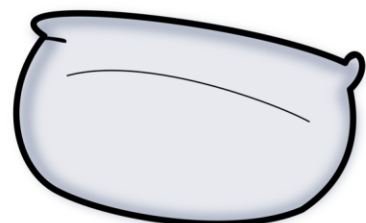
**Squeeze a  
stress ball or  
some play doh**



**Build a tower  
with blocks or  
Lego**



**Cuddle a soft  
toy or pillow**



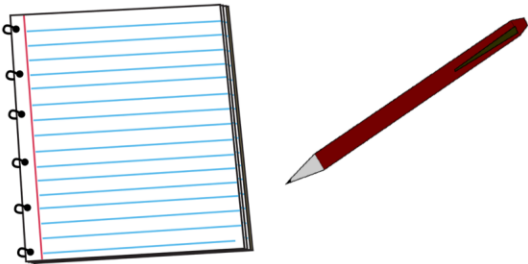
**Go for a  
walk**



**Go for a run**



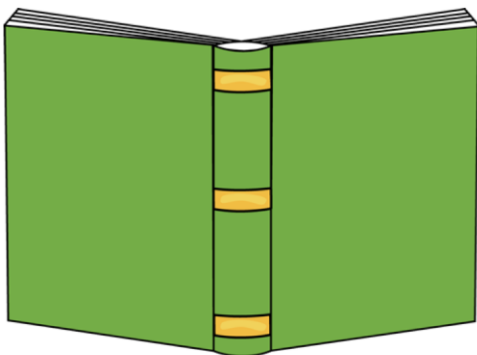
**Write down  
my feelings**



**Listen to  
music**



**Read a book**



**Lay down  
and close  
my eyes**

