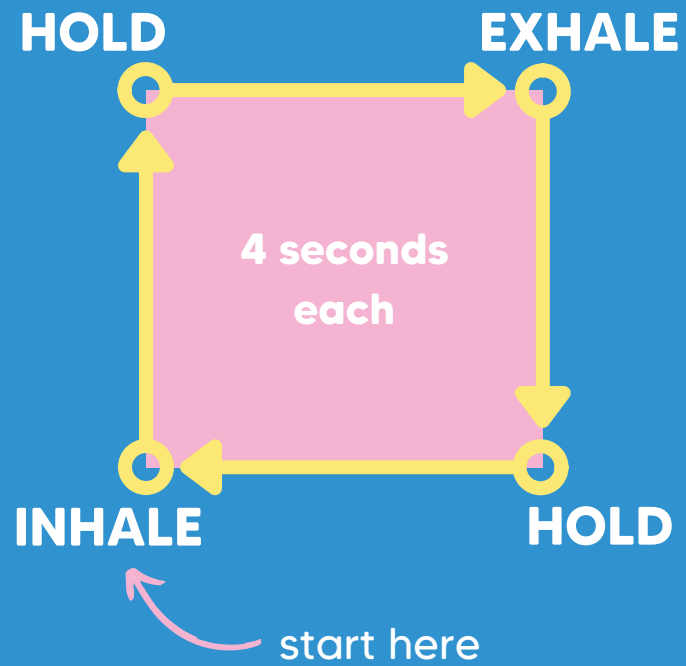


BOX BREATHING



5, 4, 3, 2, 1

5 4

5 things you can see 4 things you can touch

3 2 1

3 things you can hear 2 things you can smell 1 thing you can taste

FIVE FINGER BREATHING



Hold one hand out. With your other hand, trace each finger up as you breathe in and trace each finger down as you breathe out.

BODY SCAN



Sit quietly or lie down. Start at one end of your body and focus on each body part. Notice any areas of tension then soften and relax. Continue until your whole body feels completely relaxed.

ROOM SEARCH

Sit quietly and scan the room. Look for and say what things you can see that fit into a particular category.

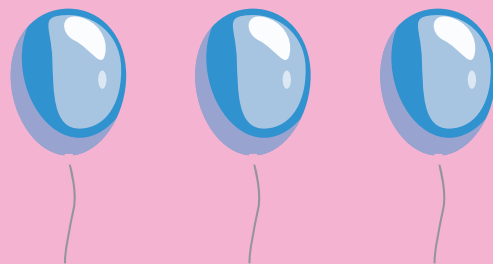


e.g.

Things that are (colour)
Things that are (shape)
Things that are (material)

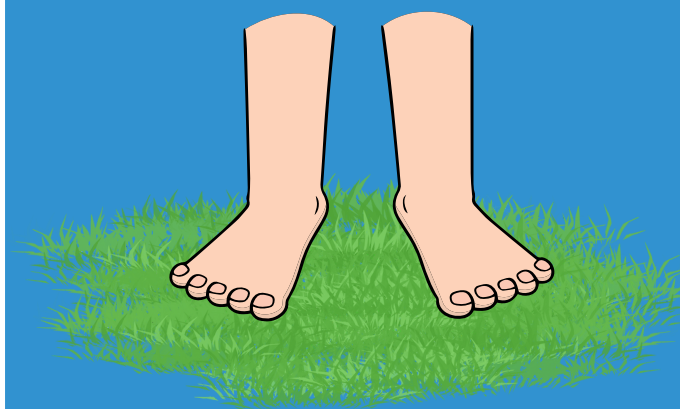
BALLOON BREATHING

Take a deep breathe in and fill your belly like you're inflating a balloon, count 1, 2, 3, 4 to breathe in and fill the balloon in your belly.



Pause and let all of the air out like you're letting a balloon deflate, count 1, 2, 3, 4 to breath out and let the balloon go down

EARTHING



Take off your shoes and walk on natural surfaces like grass, sand or soil.

SQUARE BREATHING

Imagine you're drawing a square...

Breathe in, count 1, 2, 3, 4

