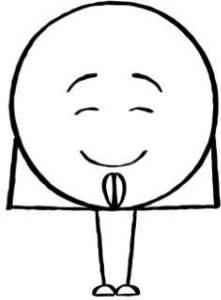


# BREATHING

Paying attention to my breathing helps me stay calm & focused.

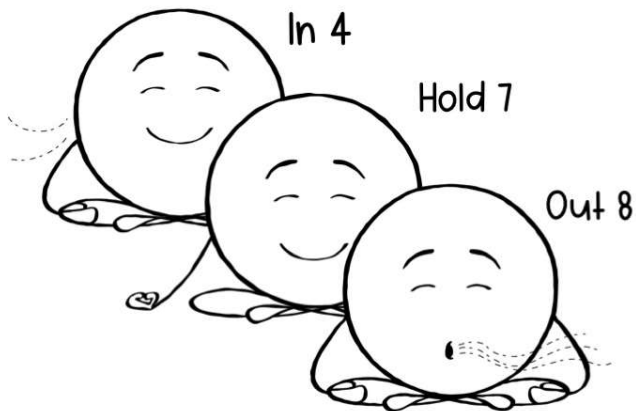
## Belly Breathing

- Place your hands on your belly.
- Breathe in slowly with your nose.
- Feel your belly rise.
- Breathe out slowly with your mouth.
- Feel your belly fall.
- Repeat.



## 4-7-8 Breathing

- Take a deep breath in your nose. (while counting to 4)
- Hold it. (while counting to 7)
- Exhale slowly from your mouth. (while counting to 8)



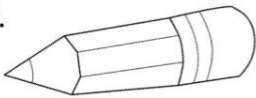
KEEP  
CALM  
&  
CARRY  
ON

## TURN NEGATIVE THOUGHTS INTO POSITIVE THOUGHTS!

### REPEAT THESE WORDS:

- I can do this!
- I am enough!
- Everything will work out!
- I can let this go!
- I am strong enough!

### FINISH THESE SENTENCES WITH POSITIVE THINGS ABOUT YOURSELF.



I CAN DO THIS WELL:

I DID THIS KIND THING FOR SOMEONE:

PEOPLE LIKE IT WHEN I:

I THINK THE BEST THING ABOUT ME IS:



## Things that make me feel **THANKFUL**



TRUSTED ADULTS I CAN GO TO WHEN I NEED HELP:

UNDERLINE THINGS THAT MAKE YOU FEEL CALM & ADD A FEW!

spa music, coloring, stretching, slime, kinetic sand, reading, writing, drawing, singing, being creative, arts & crafts, building, taking things apart, movies, stress balls, and...

## GROUNDING



List 5 things you see right now.



List 4 things you could feel on your skin right now.



List 3 things you hear right now.



List 2 things you can smell right now.



List 1 thing you can taste.

