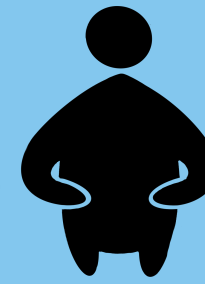




Belly Breathing



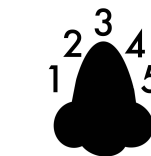
1) Put your hands on your belly.



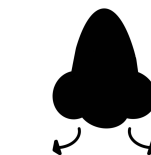
2) Take a deep breath to fill your belly with air.



3) Hold your breath and count to 5.



4) Slowly blow out all the air.





Shake Out the Yuck



1) Imagine heavy thoughts or feelings as yucks.



2) Pretend those yucks are stuck all over your body.

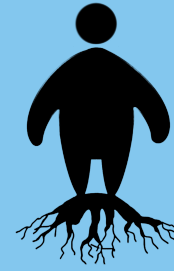


3) Move your body all around to shake out those yucks.

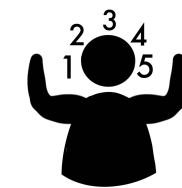




Ground It Down



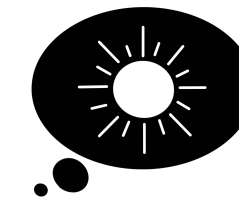
- 1) Stand or sit really still.
- 2) Plant your feet into the ground.
- 3) Squeeze your muscles tightly and count to 5.
- 4) Release the squeeze and let out a big sigh.



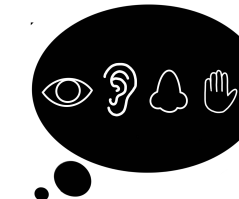


Chillax in My Head

1) Imagine a place where you feel happy and relaxed.



2) Think about what you can see, hear, smell, and touch when you are there.



3) Pretend to be there until you feel chillax in your head.





Float Your Boat

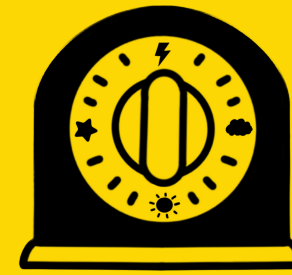


- 1) Imagine you are on a boat.
- 2) Pretend your heavy feelings are rocks making your boat start to sink.
- 3) Write or draw each heavy feeling on a piece of paper.
- 4) Crumple up each paper to make a rock.
- 5) Throw your rocks overboard to float your boat!

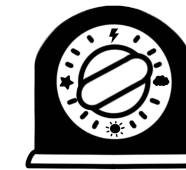
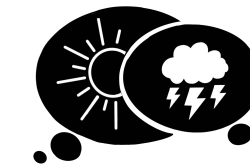
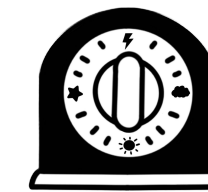




Turn the Dial



- 1) Imagine a dial with lots of different feelings.
- 2) Check what feeling your dial is on right now.
- 3) Turn your dial to a different spot and think about how you feel.
- 4) Keep turning until you find a spot where you feel your best.





Push the Clouds



1) Imagine heavy feelings are dark clouds in the sky.



2) Push the dark clouds away and say the rhyme:

Push the clouds away,
Until the sky is clear.
Send away the heavy thoughts,
And bring the sunshine near!



3) Keep pushing until the sun shines through.

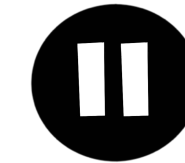




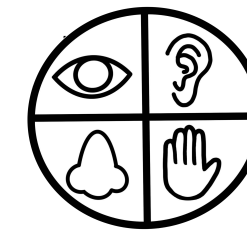
Smell the Roses



1) Pause what you are doing.



2) Pay attention to what you can see, hear, smell, and touch.



3) Notice how you feel.





Feel It Together

1) Pay attention to feelings that are heavy.



2) Share those feelings with someone you know.



3) Notice if sharing helped those feelings be lighter.





Bring a High 5!



1) Notice when someone does something you appreciate.



2) Work together to make a special High 5!



3) Bring your High 5! to show you appreciate them.





Be A Kind Helper



- 1) Find someone you can help.
- 2) Do something to help them.
- 3) Notice how you feel after helping.





3 Friendly Wishes



1) Think of 3 Friendly Wishes to share with someone.



2) Write or draw these wishes on a piece of paper.



3) Share your 3 Friendly Wishes with that someone.



4) Notice how each of you feels.

