Remember and FEEL.

Sit straight and close your eyes.

Take three deep breaths. Remember a happy memory.

What do you feel in your body? Where do you feel it?

Take three deep breaths. Repeat two times.
Give me a HAND!

Sit straight and look at your left hand.

Trace your fingers with the pointer finger on your right hand.

As you trace up a finger, breathe in.

As you trace down a finger, breathe out.

Repeat two times.

This helps you calm down so you can ask for help.
S.T.O.P.

Jump up and down or move quickly to make your heart beat faster.

S top! Stand or sit still with your feet on the floor and your hands by your side.

T ake deep breaths in and out slowly.

O bserve. What do you feel? What do you think?

P lan. Now that you feel calmer, you can make better choices and plan what to do next.
Take a Moment

**Rose and Candle**

Sit up with your back straight. Imagine holding a rose and smelling it.

Breathe slowly.

Next, imagine holding a candle. Breathe in slowly to make the flame move.

Relaxing your body and mind helps you keep going when a task is difficult.
Balloon Breathing

Close your eyes.
Imagine your stomach is a balloon.

Breathing in inflates the balloon.
Breathing out deflates the balloon.

Breathing helps your brain reset.

Breathing helps you manage ★BIG Feelings★.

Open your eyes.
Learning Well

GUILTY

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Do the **Sloth Dance** when you need to calm down.

Move your arm up very, very slowly, like a sloth. Notice how your arm feels. Is it difficult? Can you keep going slowly?

Observe the feelings in the rest of your body. Notice which muscles you are using. Try smiling while you keep going. Does it make it easier when you smile?
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