

Take a Moment

**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.

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Take a Moment

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.

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JEALOUS

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Take a Moment

S.T.O.P.

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

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

Take deep breaths in and out slowly.

Observe. What do you feel? What do you think?

Plan. Now that you feel calmer, you can make better choices and plan what to do next.

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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.

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Take a Moment

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.

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Take a Moment

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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