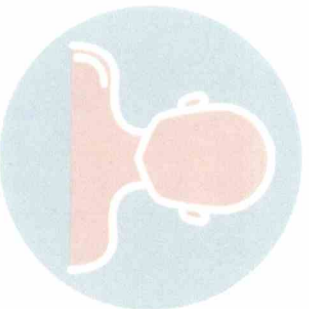
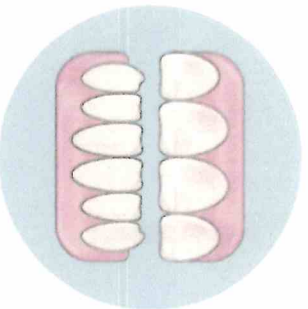


Calming Strategy

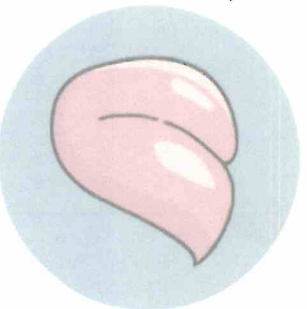
To Relax



Release and drop your
shoulders away from
your ears



Unclench your jaw



Drop your tongue from
the roof of your mouth

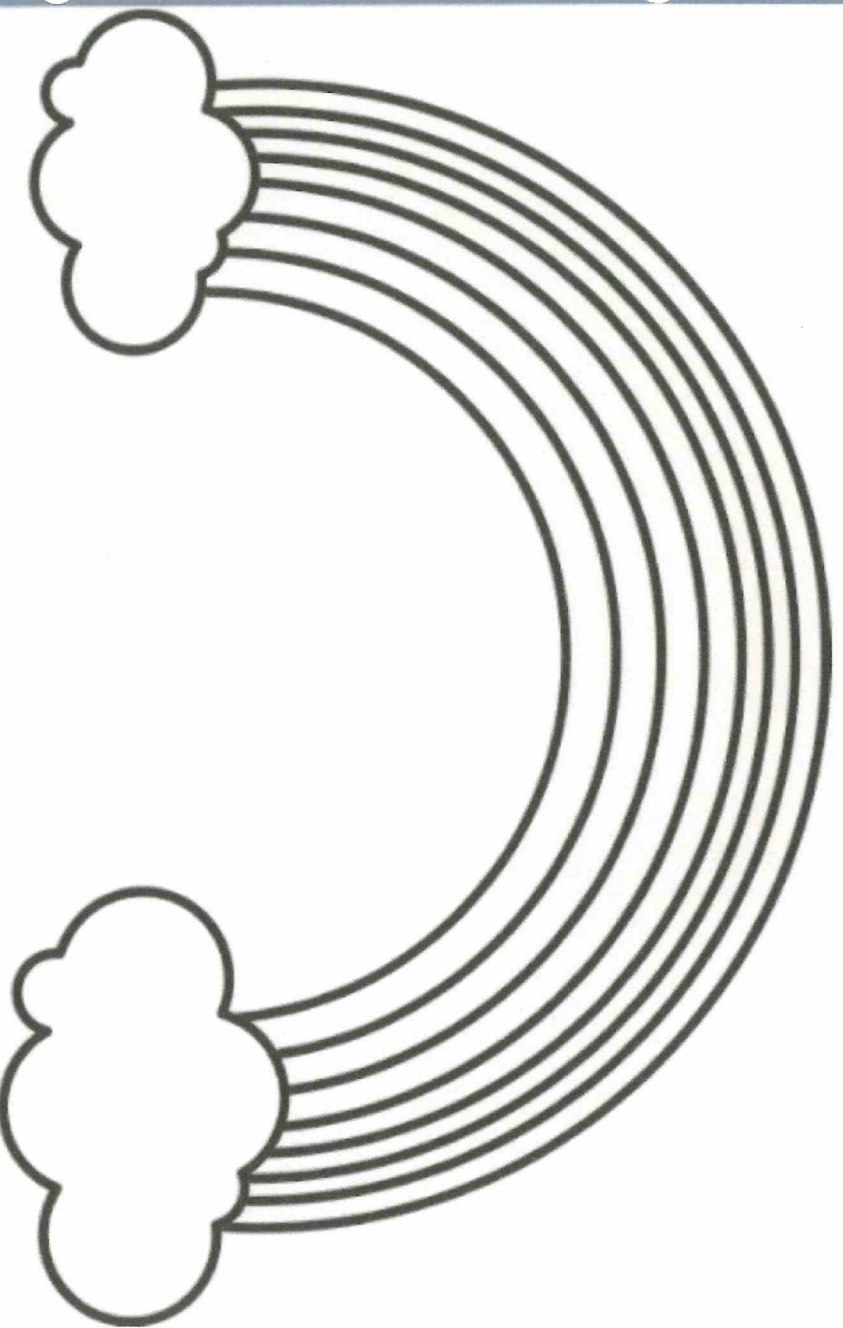
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This strategy can really work – practise it slowly at home, feel where you notice the greatest release of tension.

This strategy can be used whilst others are totally aware, on the bus, in school.

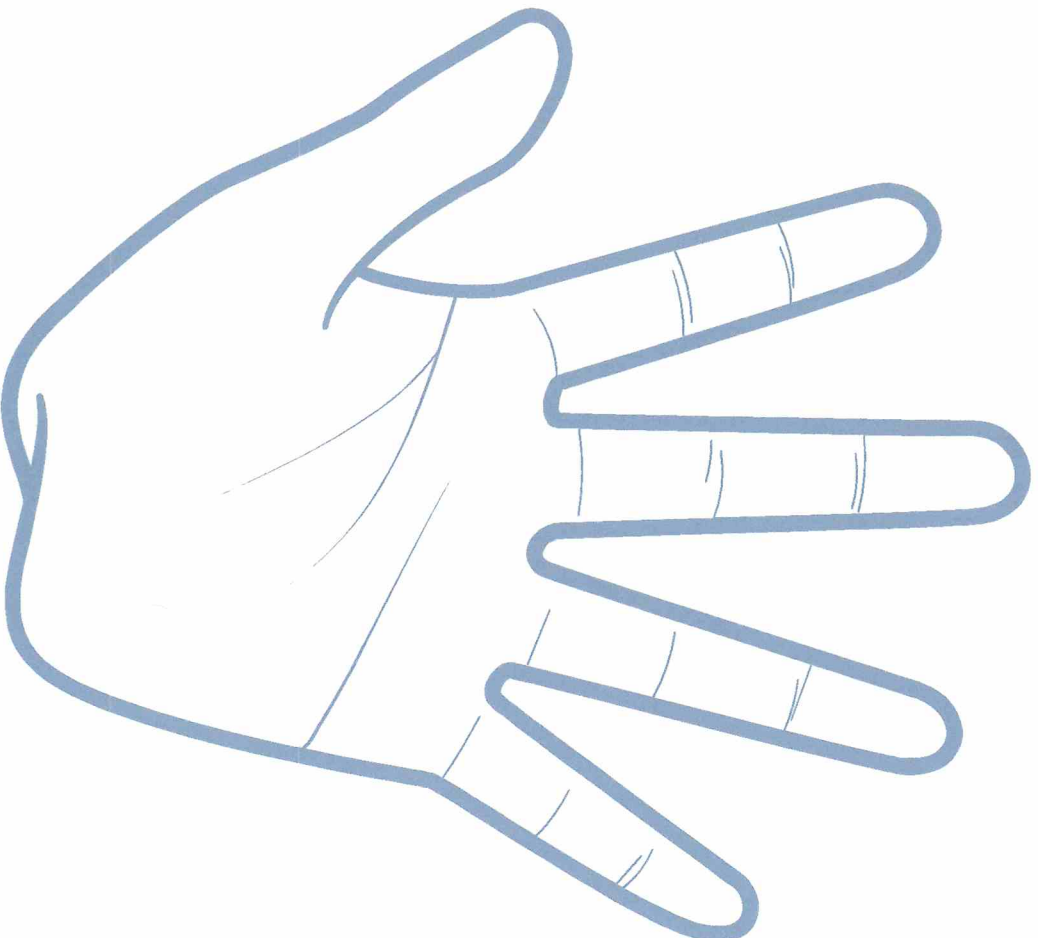
Rainbow Breathing

Colour in your rainbow



Place your finger on a colour at one end of the rainbow. As you move your finger along the colour breathe in deeply through your nose. As you move your finger back to the start breathe out. Keep your breaths slow and controlled.

Hand Breathing



Three Steps to Feeling Calm

1. Spread your hand and stretch your fingers out like a star. You can choose your left hand or your right hand. Pretend the pointer finger of your other hand is a pencil and imagine you are going to trace around the outline of your hand.
2. Place your pointer finger at the bottom of your thumb and breathe in as you slide up. Breathe out as you slide down. Breathe in as you slide up your second finger and breathe out as you slide down. Keep going until you have finished tracing your fingers and you have taken five slow breaths.
3. How does your body feel now? Do you feel calm or would you like to take another five?