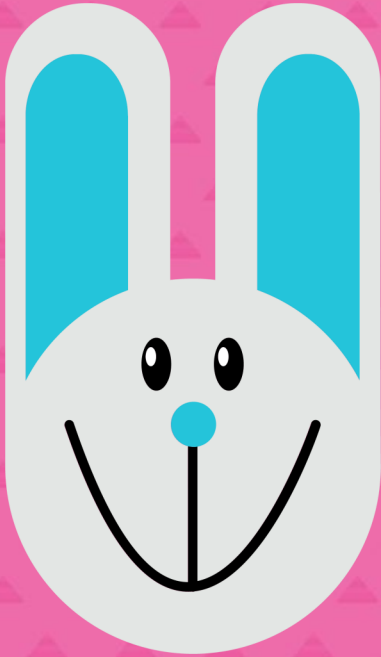


Calming Cards

Directions: Cut out and laminate each card. Show card when children practice the calming technique. When a child is in distress, show the card and model how to calm. For older children, give two choices by holding up two cards for the child to pick from.



Bunny Breathing

Take three quick sniffs through the nose like a bunny

(Extra: hold your hands like a bunny would)

Take one extended exhale out of the nose



Candle Breathing

Have children hold up one finger

Take in a big breath

Blow out one big long breath to blow out the candle

Repeat as necessary to help calm



Calming Cards

Directions: Cut out and laminate each card. Show card when children practice the calming technique. When a child is in distress, show the card and model how to calm. For older children, give two choices by holding up two cards for the child to pick from.

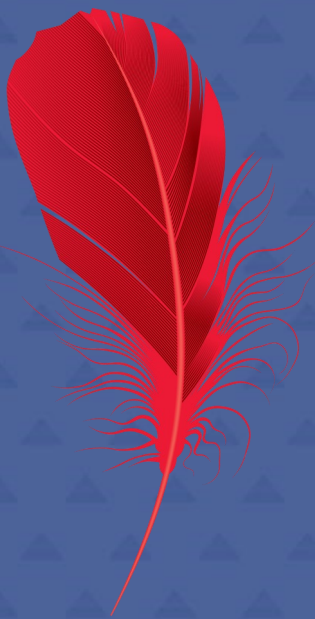


Hissing Snake Breathing

Breathe a long deep inhale through the nose

Breathe out of the mouth with a hissing sound, slow and long

Extending the exhale will allow kids to slow down their inner speed. It's wonderful to connect kids to their exhale to help them learn to slow themselves down, mentally and physically.



Feather Breathing

Hold a feather

Exhale slowly, watching for feather to flutter

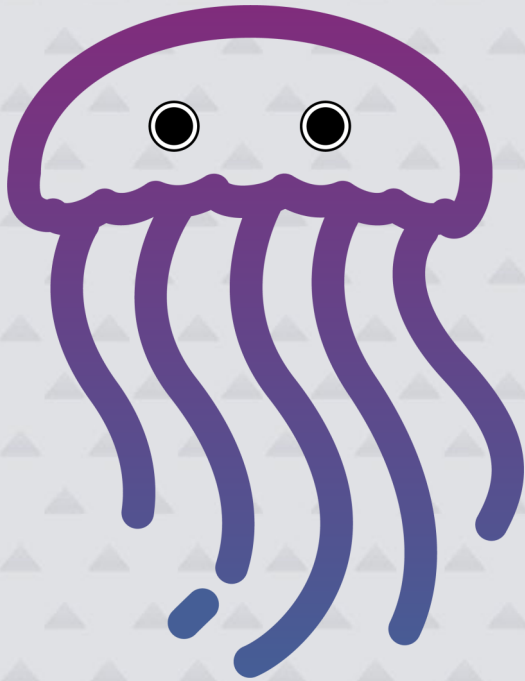
Repeat the exercise for 5 to 10 minutes or until relaxed

Alternative: Pick a feather and place on a flat surface (for example, a table). When breathing out, the feather should move across the table.



Calming Cards

Directions: Cut out and laminate each card. Show card when children practice the calming technique. When a child is in distress, show the card and model how to calm. For older children, give two choices by holding up two cards for the child to pick from.



Jellyfish Breathing

Inhale slowly to the count of three

On an exhale, see how long the child can blow on the tentacles to make them move

If you want, count along slowly during the exhale.



Jellyfish Breathing Craft

Supplies: Scissors, paper bowl, streamers and/or curling ribbons, packing tape, string

Directions:

Cut ribbons and/or streamers and use packing tape to secure to inside of bowl.

Measure out string length. Length will depend on where you are hanging the jellyfish,.

Poke hole in top of bowl to thread string through and secure with packing tape.

