



Belly Breathing

LAY DOWN ON YOUR BACK.
PLACE YOUR HANDS ON YOUR BELLY.
BREATHE IN ALL THE WAY SO THAT
YOUR HANDS ARE LIFTED UP.
SLOWLY RELEASE YOUR BREATH.
REPEAT 10 TIMES OR UNTIL
YOU FEEL CALM.



Happy Memories

THINK ABOUT A REALLY HAPPY MEMORY.
FOR EXAMPLE A TIME THAT YOU WERE ON
A VACATION OR PLAYING WITH A SPECIAL
FRIEND. ONCE YOU HAVE THE MEMORY,
THINK ABOUT THE FOLLOWING DETAILS:

- ♥ WHAT DID THE ROOM OR SPACE YOU WERE IN LOOK LIKE?
- ♥ WHAT COULD YOU HEAR?
- ♥ WHAT COULD YOU SMELL?
- ♥ HOW DID YOUR BODY FEEL?
- ♥ HOW DID YOUR VOICE SOUND WHEN YOU SPOKE?
- ♥ WHAT ARE SOME OTHER DETAILS YOU CAN REMEMBER ABOUT THIS TIME?



ABC Scavenger Hunt

ABC

SIT DOWN IN A COMFY SPACE. START BY
FINDING SOMETHING IN THE ROOM THAT
BEGINS WITH THE LETTER A. THEN, FIND
SOMETHING THAT BEGINS WITH THE
LETTER B. CONTINUE FINDING THINGS IN
ORDER THROUGHOUT THE ALPHABET. IF
YOU GET STUCK ON A HARD LETTER,
SPEND AT LEAST 30 SECONDS LOOKING
REALLY HARD. IF YOU STILL CAN'T FIND
ANYTHING THAT BEGINS WITH THAT
LETTER, SKIP IT AND MOVE ON TO THE
NEXT LETTER.

Hot Cocoa Breathing



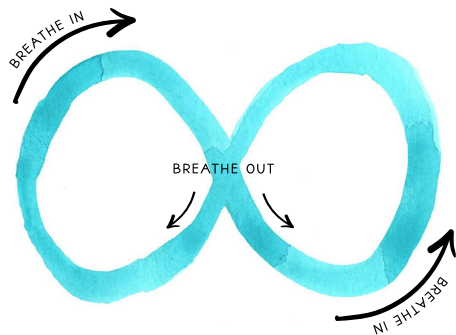
IMAGINE THAT YOU ARE HOLDING A CUP OF HOT COCOA. SLOWLY BREATHE IN THROUGH YOUR NOSE, PRETENDING TO SMELL THE DELICIOUS DRINK. THEN, SLOWLY BREATHE OUT THROUGH YOUR MOUTH, PRETENDING TO COOL OFF THE HOT COCOA WITH YOUR BREATH. CONTINUE TO BREATHE IN AND OUT, SMELLING AND COOLING UNTIL YOU FEEL CALM.

Downward Dog



START OUT ON YOUR HANDS AND KNEES IN TABLE POSE. (PLACE YOUR HANDS AND KNEES ON THE GROUND WITH YOUR PALMS FLAT SO THAT YOUR BACK COULD BE USED AS A TABLE.) THEN, TUCK YOUR TOES UNDER AND PUSH YOUR BOTTOM UP SO THAT YOU ARE IN AN UPSIDE DOWN V SHAPE. HOLD FOR 30 SECONDS TO 1 MINUTE. MAKE SURE TO KEEP BREATHING!

Infinity Breathing



DRAW AN INFINITY SIGN (AN 8 LAYING DOWN ON ITS SIDE). WITH YOUR FINGER, TRACE THE INFINITY SIGN. AS YOU TRACE UP, BREATHE IN AND AS YOU TRACE DOWN, BREATHE OUT. DO THIS AS SLOWLY AS POSSIBLE. REPEAT 10 TIMES OR UNTIL YOU FEEL CALM.

Body Scan

SIT OR LIE DOWN IN A COMFY POSITION. CLOSE YOUR EYES, TAKE A BIG BREATH IN AND LET IT OUT. BRING YOUR ATTENTION TO YOUR FEET. FOCUS ON RELAXING ALL OF THE MUSCLES IN YOUR FEET, YOUR TOES, YOUR HEELS, THE TOPS AND BOTTOMS OF YOUR FEET. SLOWLY TRAVEL UP YOUR BODY AND CONTINUE RELAXING AND BREATHING DEEPLY AS YOU GO. RELAX YOUR CALVES, YOUR KNEES, YOUR THIGHS, YOUR BOTTOM, YOUR TUMMY, YOUR BACK, YOUR CHEST, YOUR SHOULDERS, YOUR NECK, YOUR FACE AND YOUR HEAD ONE BY ONE.