

Calm Palms

Use your thumb to draw circles in the palm of your opposite hand



Spaghetti breathing



Breathe in through your nose and make your body tight like uncooked spaghetti; breathe out through your mouth and make your body all floppy like cooked spaghetti

Drawing



Try drawing a picture of a peaceful place.

Or you could draw a line pattern without taking your pencil off the paper.

Body scan



Lie or sit down. Think about your toes, wiggle them around, screw them up tight, then let them relax. Work gradually up your body, wiggling, tightening and relaxing each part.

Squeeze Teddy



Squeeze a cuddly toy or cushion

Exercise



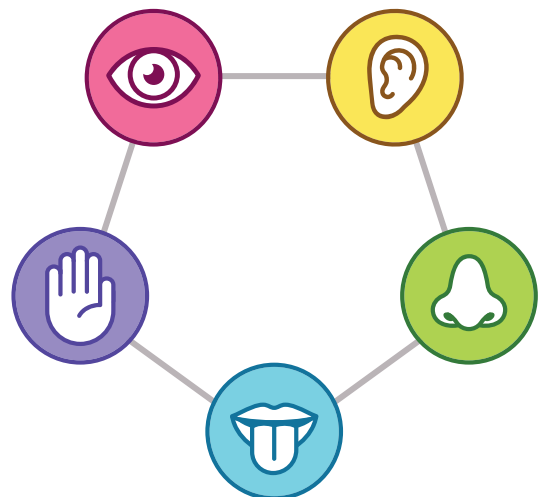
You could try star jumps, running on the spot or bouncing a ball

Read a book



Read a book –or even try writing your own story

Senses



- Look around you to find
- 5 things that you can see,
 - 4 things that you can feel,
 - 3 things that you can hear,
 - 2 things that you smell
 - 1 thing that you can taste.

Can you think of any other ideas that might help people to calm down?

Which is your favourite way to relax if you are feeling...

Stressed?

Scared?

Worried?

Angry?