

Calm Palms

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



Deep breathing



Take deep breaths- in through your nose for 4 seconds and out through your mouth for 4 seconds.

Drawing/doodling



Try drawing a picture or you could draw a line pattern without taking your pencil off the paper.

Body scan



Tense and then relax each part of your body one by one. Start with your toes and work upwards all the way up to your face.

Stress ball/toy



Squeeze a stress ball or a cushion.

Visualisation



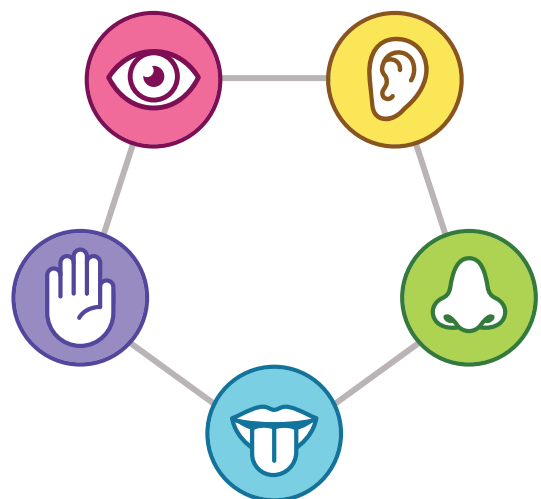
Think about a calm or happy place- this could be real or imaginary.

Timeout



Take yourself away from the stressful situation for a few minutes.

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 calming techniques are suitable to use -

A) In school lessons

B) In public places

C) In emergency situations?

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

Stressed?

Scared?

Worried?

Angry?

When we feel calmer then we can think more clearly and make better decisions.