

Close your eyes and take a deep breath in for three seconds, then breathe out through your mouth for five seconds.



Listen very closely and name five things that you can hear right now.



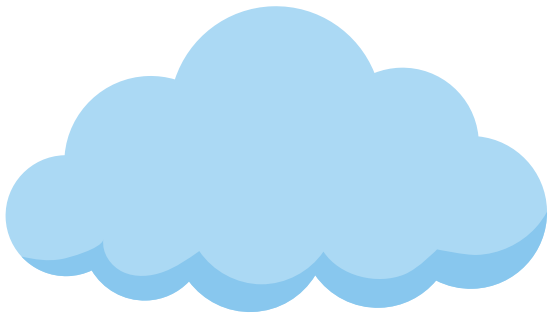
Imagine you are walking through a cool, calm forest with lots of leafy green plants. You sit down next to a gently babbling stream and dip your toes in the crisp water. Imagine what the water feels like as it runs over your toes.



Close your eyes and slowly count up to the highest number you can or say the alphabet.



If you can, go outside and look up at the clouds - what shapes can you see? Can you see three different shapes?



Lie down in child's pose and breathe deeply.



Put your hand over your chest so you can feel your heart and count the beats.



Do as many star jumps as you can - can you do more than 20?



Blow on a pinwheel slowly and gently - try and keep the wheel turning at the same speed for as long as you can.



Say out loud how you are feeling and how you know you are feeling that way - "I am feeling really angry and I know because my hands are shaking."



Blow some bubbles with a bubble wand and a little washing-up liquid.



Close your eyes and hum your favourite happy song. Concentrate on how the sound feels as it moves over your lips.

