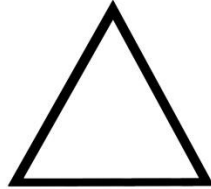


Breathing

Breathing exercises or techniques can help calm feelings of anxiety and help stay in the present. Here are several helpful techniques.

Triangle Breathing

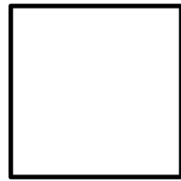
Breathing in 1 - 2 -3
Hold 1- 2-3
Exhale 1-2-3
Repeat



Sometimes it helps to visualize the shape in your mind or trace the shape with your finger or crayon as you breathe.

Square Breathing

Breathe in 1-2-3-4
Hold 1-2-3-4
Breathe out 1-2-3-4
Hold 1-2-3-4
Repeat



Pinwheel Breathing

A prop such as a pinwheel can help us visualize our breathing. Breathe in through your nose, then breathe or blow out to turn the pinwheel. You can practice breathing out slowly or more quickly. Practice and notice which works and feels best for you.

Mindfulness Poems

Each technique takes practice. When you find a technique you are comfortable using, try repeating a calming phrase or poem as you breathe.

Such as:

- The Lord is my shepherd.
- He is with me always.
- Peace

Find a word or phrase that resonates with you.

Tired or Anxious by Traci Smith

Be still my heart,
Be still.
Be still my mind,
Be still.
Be still my feet.
Be still my hands.
Be still,
Be still,
Be still.

A Blessing for Anxious Moments by Traci Smith

Deep peace to you, my child,*
Deep peace.

Peace in your body,
Peace in your mind,
Peace in your spirit.

As you breathe in deeply,
Breathe in peace.

May the worries in your mind
Seem far away.

May you know God's love for you
And your family's love too.

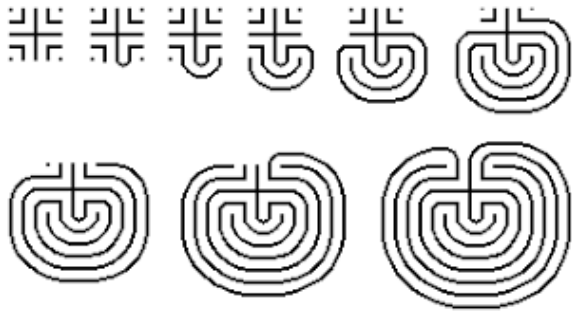
Deep peace to you my child,
Deep peace.

**substitute your child's name if you wish.*

For more about Traci Smith and her books go to, Tracismith.com

Doodling can be helpful to stay focused.

Try this simple labyrinth. After you're comfortable drawing it, add a calm breathing or prayer while drawing.



Playdough can be very calming.

Homemade playdough recipe.

Ingredients

- 1 cup Flour
- 1 cup Water
- 1/2 cup of Salt
- 2 tsp. Cream of Tartar
- 1 Tbs. Vegetable Oil
- Food coloring

Instructions

1. Put the dry ingredients in a saucepan.
2. If using food coloring combine it with the water and cooking oil then pour into the saucepan and stir until combined.
3. Cook on medium heat and continue to stir.
4. The play dough will become the consistency of mashed potatoes. When it balls up on the spoon and pulls from the side of the pan, take off the heat.
5. Put the dough out on the counter, let cool for a few minutes then knead the ball. It may be a little sticky at first. Keep kneading it until it comes together. It may need to cool more before children play with it.