



## 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?



## 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.



## 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.

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## 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.

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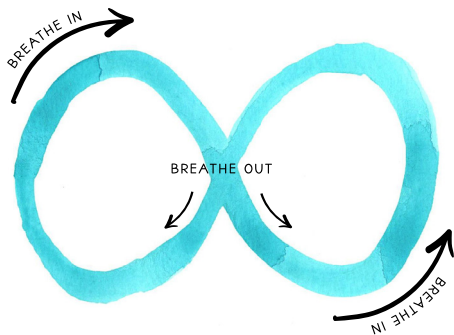
## Downward Dog



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!

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## 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.

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## 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.

# Dragon Breathing



SLOWLY BREATHE IN IMAGINING THAT YOU ARE INHALING COURAGE OR CALMNESS. THEN, EXHALE LOUDLY, LIKE A DRAGON BREATHING OUT FIRE. IMAGINE THAT ALL OF YOUR ANGER OR WORRY IS LEAVING AND BEING BURNED UP BY THE DRAGON'S FIRE ON EACH BREATH OUT.

# Mantra Magic

A MANTRA IS A WORD OR PHRASE THAT YOU CAN SAY TO CHANGE THE WAY YOU FEEL. CHOOSE A MANTRA FROM THIS LIST AND SAY IT 10 TIMES. MAKE SURE TO SPEAK SLOWLY AND FOCUS ON THE WORDS YOU ARE SAYING.

- ★ I AM RELAXED, I AM CALM.
- ★ I AM STRONG AND CAN HANDLE THIS.
- ★ I AM LOVED, I AM SAFE.
- ★ I AM IN CONTROL OF MY ACTIONS.
- ★ I FORGIVE MYSELF FOR MY MISTAKES.
- ★ I SPEAK WITH KINDNESS.
- ★ I CAN DO HARD THINGS.
- ★ I AM A PROBLEM SOLVER.

# 5 Senses Scavenger Hunt



SEE

NAME 5 THINGS YOU CAN SEE



TOUCH

NAME 4 THINGS YOU CAN TOUCH



HEAR

NAME 3 THINGS YOU CAN HEAR



TASTE

NAME 2 THINGS YOU CAN TASTE

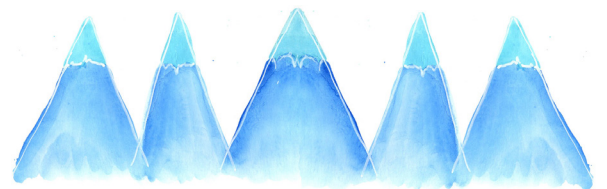


SMELL

NAME 1 THINGS YOU CAN SMELL



# Mountain Breathing



PRETEND THAT YOUR POINTER FINGER AND MIDDLE FINGER ARE THE LEGS OF A MOUNTAIN CLIMBER. WALK THEM UP AN IMAGINARY MOUNTAIN WHILE SLOWLY BREATHING IN, THEN WALK THEM DOWN WHILE SLOWLY BREATHING OUT. MAKE SURE YOU "CLIMB" AT LEAST 10 MOUNTAINS TO CALM YOUR BODY DOWN.