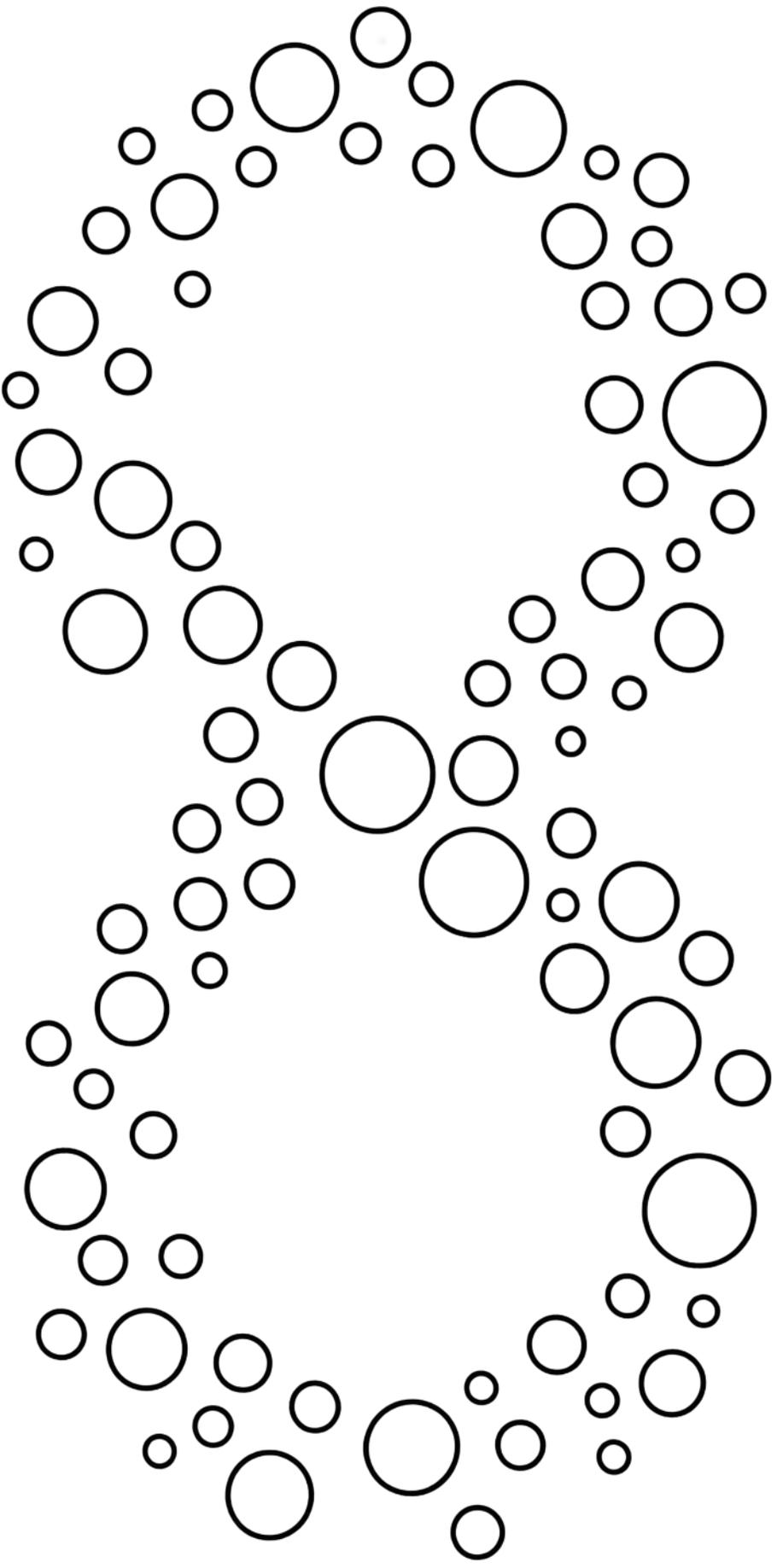
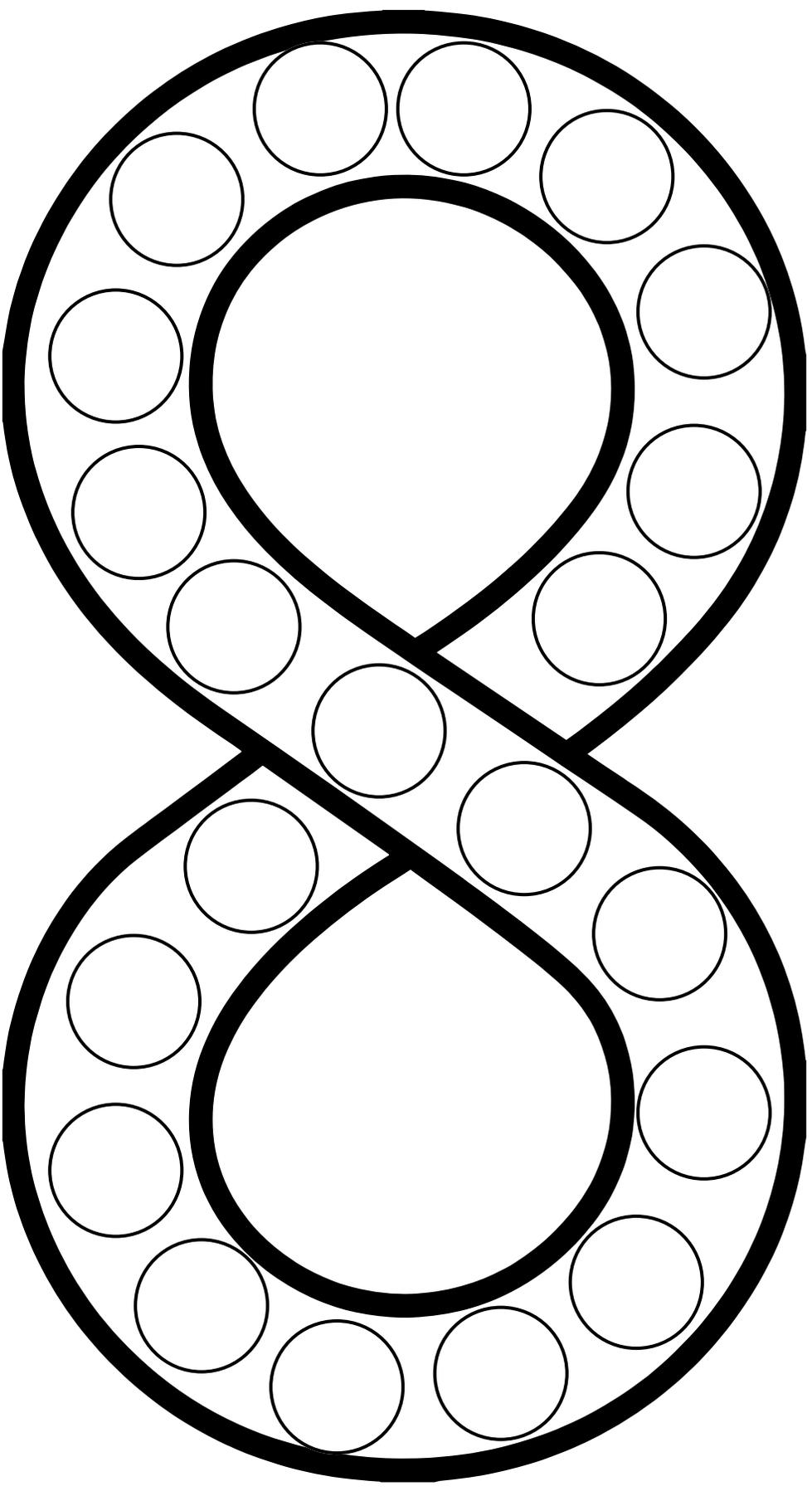


EMBRACING NEURODIVERSITY



EMBRACING NEURODIVERSITY



Star Breathing

BRAIN BREAK



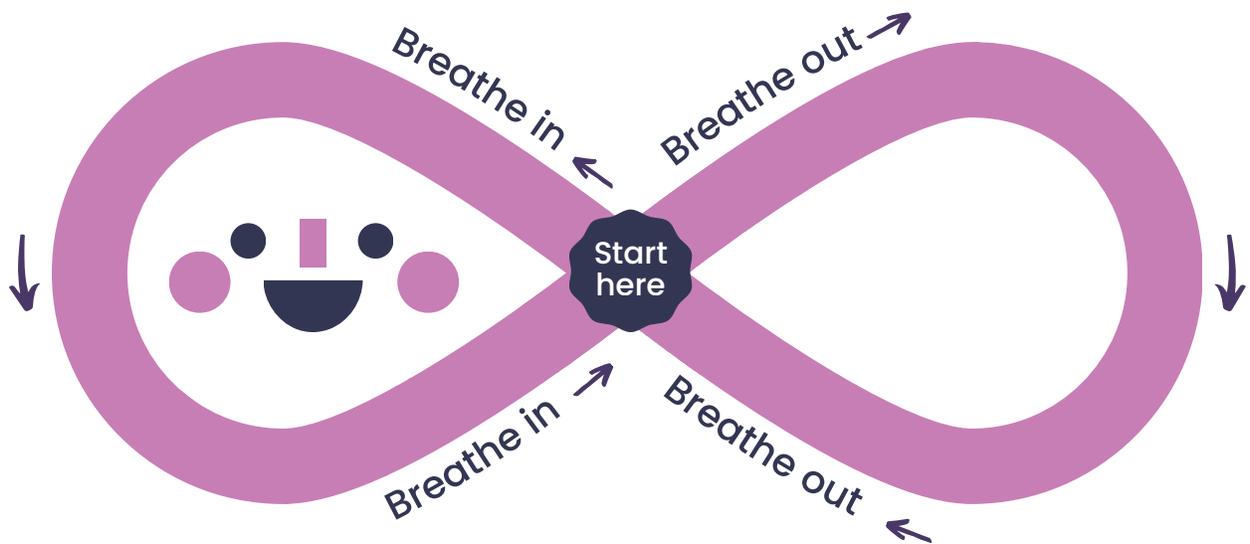
Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star. Breathe slowly and calmly.



ASCENT SPEECH THERAPY
Kids Therapy Center

Lazy 8 Breathing

BRAIN BREAK



Place your finger in the middle of the 8. Go up slowly to the left and trace the left part of the 8 while you breathe in. When you pass the middle of the 8 breathe out, as you trace the right part of the 8.

Repeat until you feel relaxed.

NAME:

DATE:

FEELINGS CHECK-IN

Today is...

Circle the day today:

Monday

Tuesday

Wednesday

Thursday

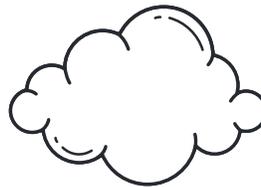
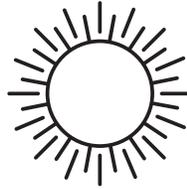
Friday

Saturday

Sunday

The weather is...

Color the picture of your answer:



I feel...

Name your feeling:

Circle the picture of what you are looking forward to today:

