

# Mindfulness

## Focus on the Present

**Flexie Friends**



# Breathing

WHEN WE FEEL ANGRY  
OR SCARED, OUR  
BODY CAN  
FEEL OUT OF  
CONTROL.

TAKING DEEP  
BREATHS CAN  
HELP OUR BODY  
TO SLOW DOWN  
AND FEEL CALM.

“BREATHE IN, BREATHE OUT”



# Muscle Relaxation

RELAXING OUR MUSCLES HELPS OUR BODY TO FEEL CALM AND HAPPY WHEN WE'RE UPSET OR WRIGGLY.

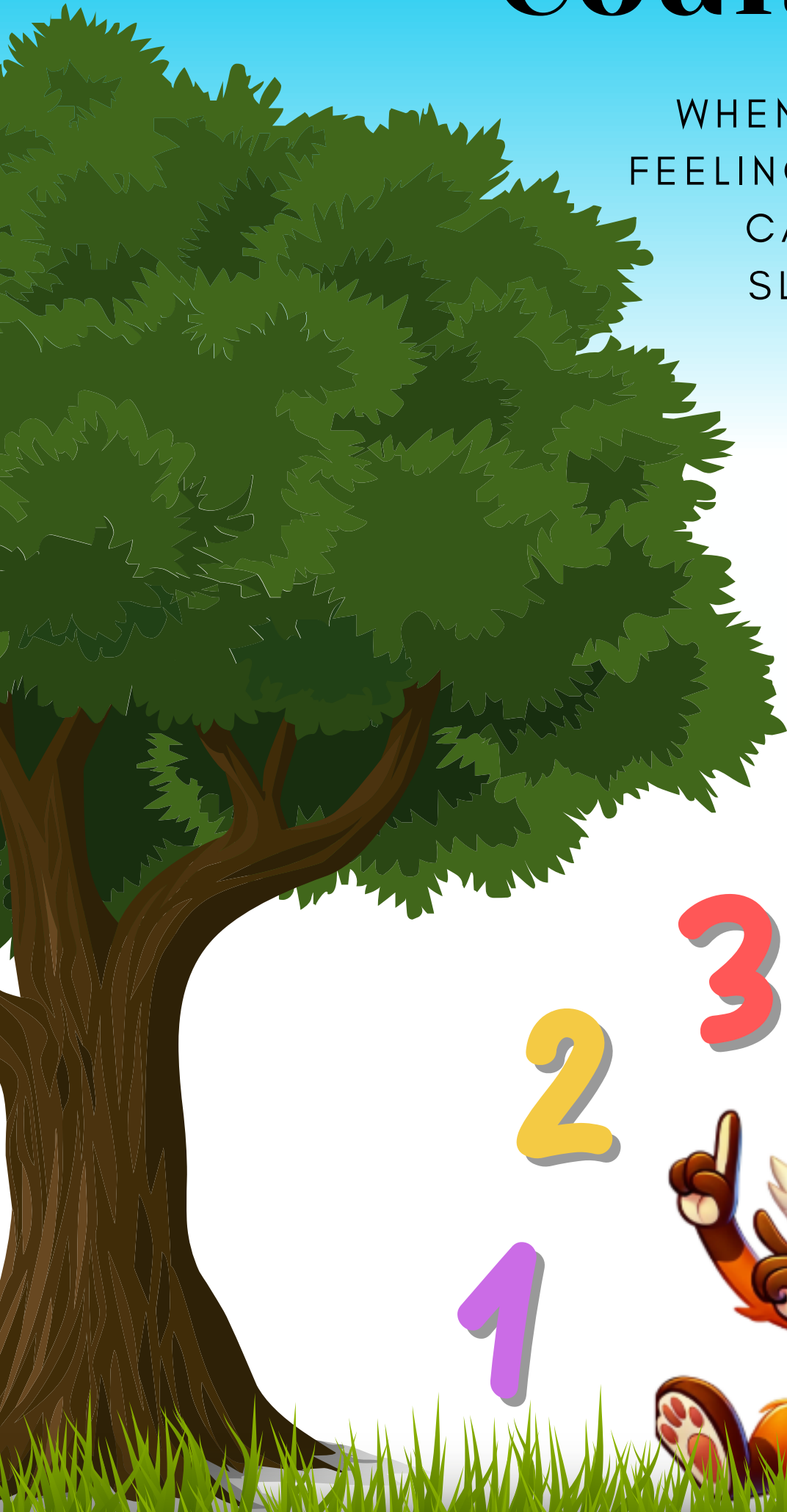
WE CAN TRY SQUEEZING OUR HANDS TIGHT LIKE WE'RE HOLDING A LEMON, THEN LETTING GO SOFT LIKE JELLY.

"SQUEEZE & LET GO"



# Count to 5

WHEN WE HAVE BIG FEELINGS, COUNTING CAN HELP US TO SLOW DOWN AND FOCUS ON THE MOMENT.



# Move your Body

SOMETIMES OUR BODIES NEED  
TO MOVE TO FEEL GOOD INSIDE.

WHEN WE JUMP, SPIN, OR  
STRETCH, IT HELPS US TO FEEL  
CALM AND HAPPY.

IT'S OKAY TO TAKE BREAKS AND  
MOVE WHEN WE NEED TO!



# Calm Break

SOMETIMES WHEN WE HAVE BIG FEELINGS,  
IT FEELS LIKE THERE IS A BIG STORM  
INSIDE.

TAKING A QUIET, CALM BREAK HELPS THE  
STORM TO PASS AND HELPS US FEEL  
BETTER.

WE CAN SIT, BREATHE, OR CUDDLE  
SOMETHING SOFT, TO HELP OUR BODY AND  
MIND TO FEEL MORE CALM AND HAPPY.

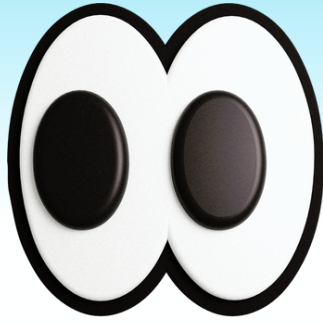


# Spot our Senses

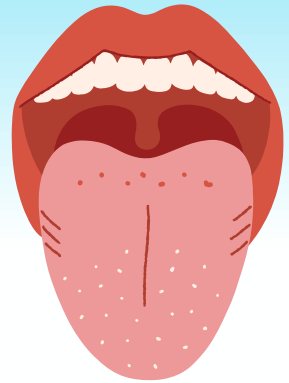
WHEN WE ARE WORRIED, IT CAN HELP TO FOCUS ON THINGS WE EXPERIENCE THROUGH OUR SENSES. LET'S PRACTICE WITH THINGS:



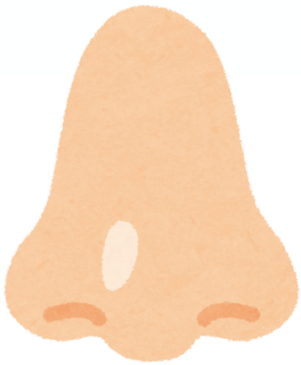
**"I can hear..."**



**"I can see..."**



**"I can taste..."**



**"I can smell..."**



**"I can feel..."**



# Friends

SPENDING TIME WITH FRIENDS CAN HELP OUR HEARTS FEEL HAPPY AND OUR BODIES FEEL CALM. WE CAN PLAY, SHARE, OR JUST SIT TOGETHER. IT'S OKAY TO TAKE BREAKS OR ASK FOR SPACE IF WE NEED IT, BECAUSE FRIENDS UNDERSTAND AND CARE ABOUT US.



# Headphones

SOMETIMES IT CAN BE  
OVERWHELMING WHEN IT IS  
BUSY, NOISEY OR THERE ARE  
SOUNDS WE DON'T LIKE.

WE CAN WEAR HEADPHONES LIKE  
FLEXIE FOX TO MAKE US FEEL  
SAFE!



# Toys

PLAYING WITH OUR  
FAVOURITE TOYS CAN HELP  
US FOCUS ON THE PRESENT.

FINDING TOYS THAT SQUISH,  
SPIN, LIGHT UP, STACK, LINE UP  
OR MAKE NOISES CAN HELP OUR  
BODY TO FEEL CALM.



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