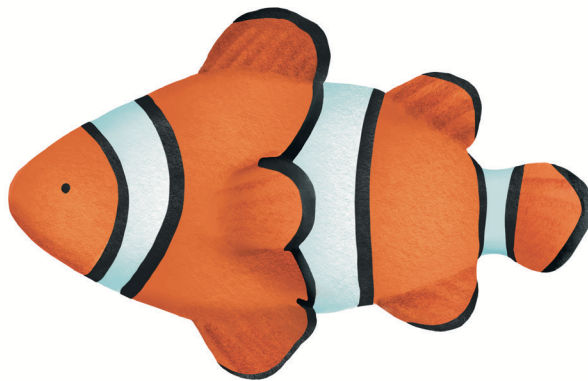


Surfing Support

Sometimes you might need some support while surfing your emotions. Surfing alone can be confusing and get tiring!

Imagine a school of fish swimming alongside you while you surf. It can make it easier knowing you're not alone when you face a big wave.

You can ask a parent or a caregiver for support while surfing, as they have already surfed many waves. You can talk to them about what you have learned in this guide, and they might be able to share some of their own surfing experiences.



We can also seek support from a family member, a teacher, a coach, a trusted friend, or even a pet.

Sometimes, your school of fish can even have some tips and tricks on how to become a better surfer because they have faced a similar wave!

Who is part of your school of fish?

✕

✕

✕

✕

✕

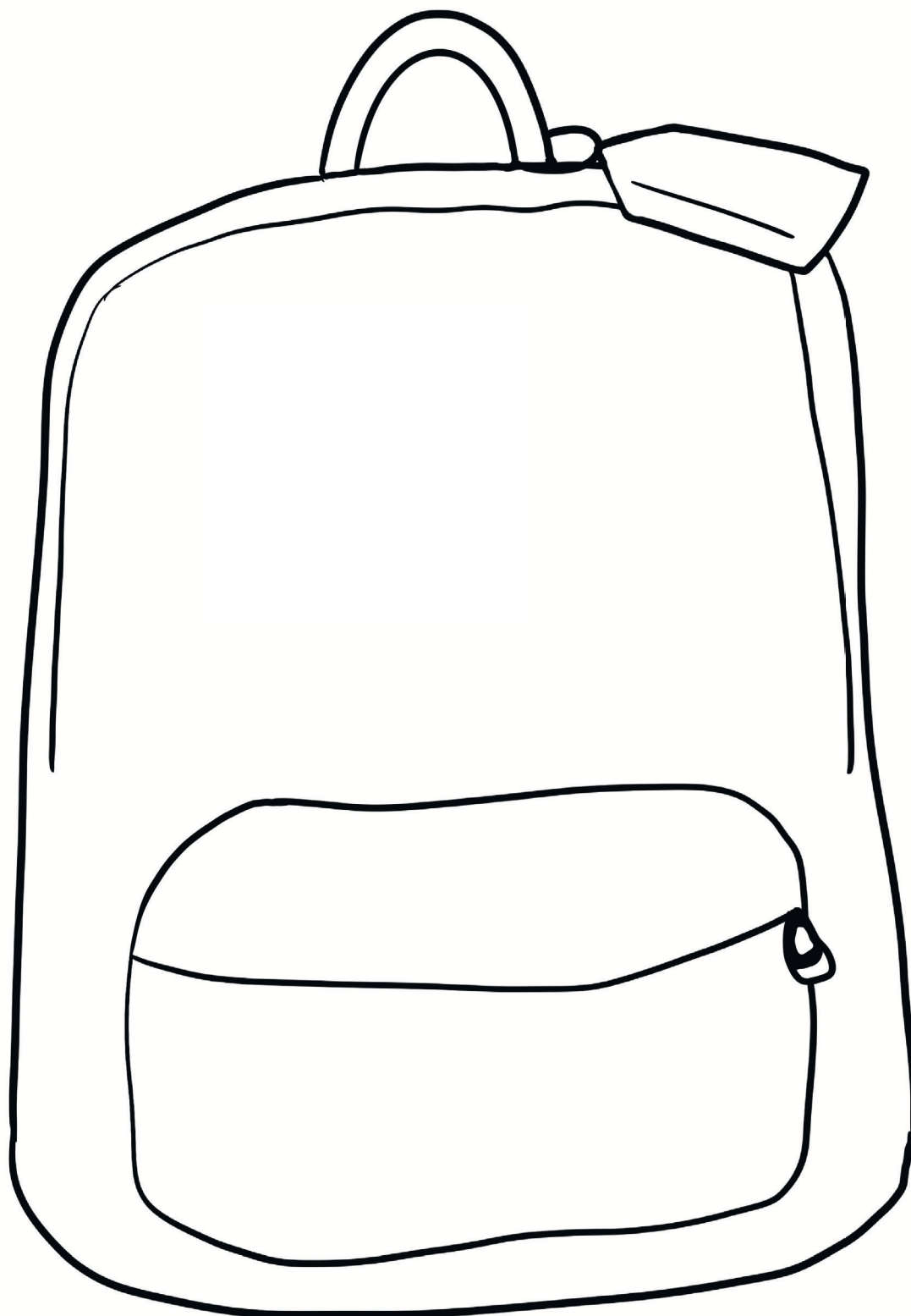
✕

✕

✕

✕

Make sure to keep all your surfing gear together in one place. What's going in your surfing kit? It might be helpful to flip back through this guide to remind yourself of the relaxation and releasing skills you now know, as well as some other tools that you picked up along the way.



Wave Breaths

Being mindful of our breathing can help us stay calm and in control. Notice how you breathe in and out. Fill your belly as you inhale through your nose. Slowly release as you exhale through your mouth, for a little bit longer. Picture the shape of a wave as you breath in and out. Set aside a few minutes to use your wave breaths before trying to surf. Use the following guide to help you with your breathing.

**DEEP INHALE
THROUGH YOUR NOSE**



**EXHALE OUT
THROUGH YOUR MOUTH
AND RIDE THE WAVE**

- * Remember that each wave is different. Some may take a few wave breaths, and some may take more. Focusing on counting your wave breaths can help your body and mind stay calm and in control as you surf each wave of emotion.

The Ocean of Emotions

Within the vast ocean of emotions are many different words that we can use to describe and express what we are feeling. Understanding different feelings is the first step to surfing. This skill can also help you prepare for the wave you now have to surf! Building your vocabulary of feeling words can help you express yourself to other surfers around you.

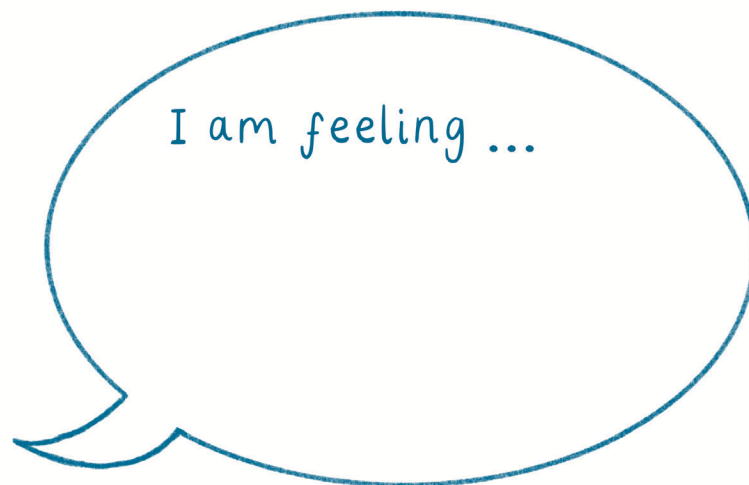
Wheel of Emotions



Letting Feelings Flow

A helpful tool to put in your tool kit is called “*The I Message*”. You can say it out loud, share it with someone, write it down, or even use it as part of the way that you talk to yourself in the moment.

Putting words to our waves can help you understand the wave you are surfing, and what can help you be the best surfer you can!



HAPPY

SAD

ANGRY

WORRIED