



Deep Breathing

Take a deep breath IN while counting to 3



Deep Breathing

Breathe OUT while counting to 3



Deep Breathing



Take a deep breath IN while counting to 3



Deep Breathing



Breathe out while counting to 3... cool off the hot chocolate!



Grounding 5-4-3-2-1



5 things you can see



4 things you can touch



3 things you can hear



2 things you can smell



1 thing you can taste

Grounding 5-4-3-2-1



5 things you can see



4 things you can touch



3 things you can hear



2 things you can smell



1 thing you can taste