

# Deep Breathing



Take a deep breath IN  
while counting to 3



Then breathe OUT  
while counting to 3



# Deep Breathing



Take a deep breath IN  
while counting to 3



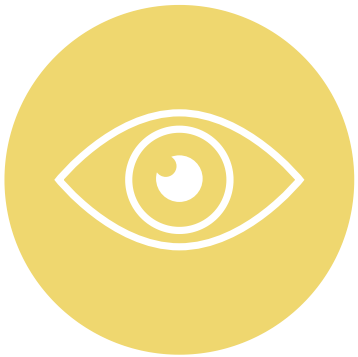
Then breathe OUT  
while counting to 3



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



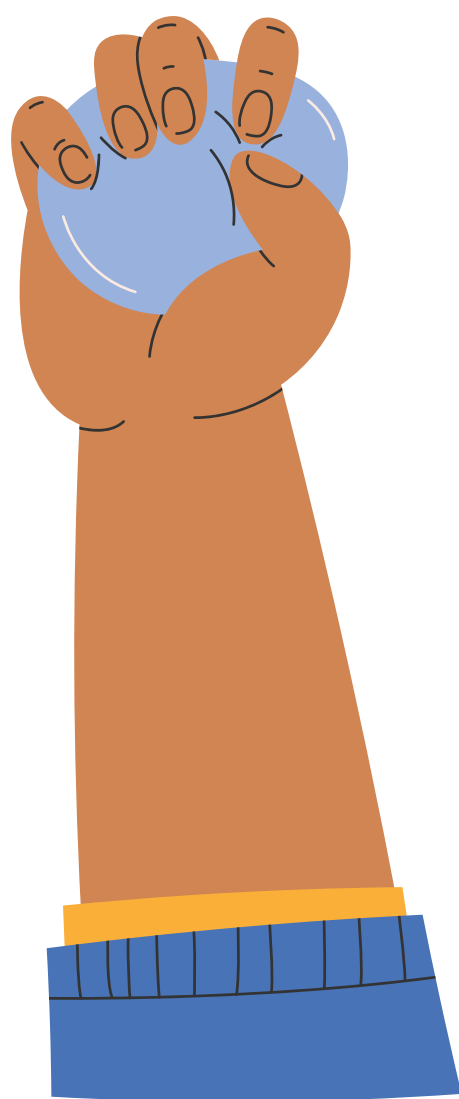
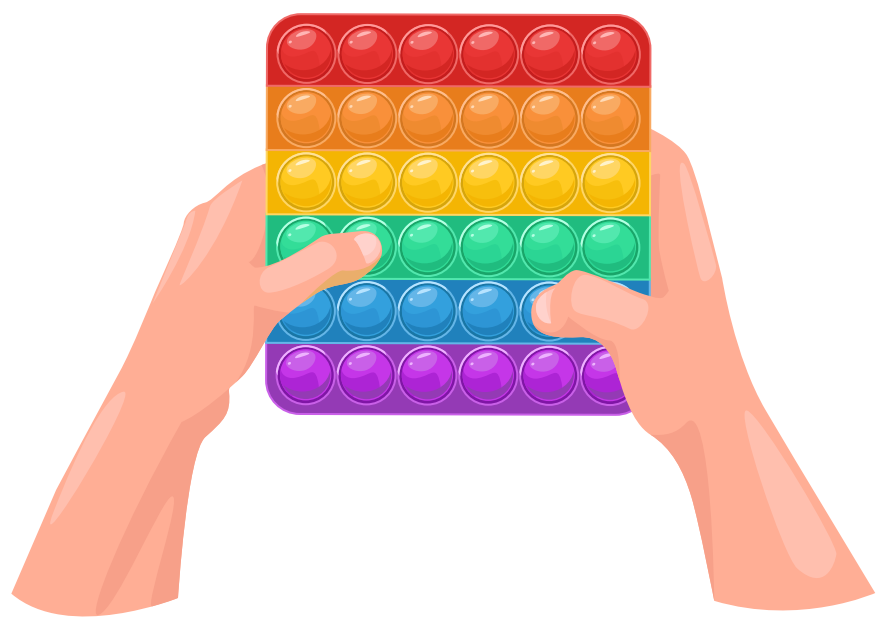
2 things you can smell



1 thing you can taste

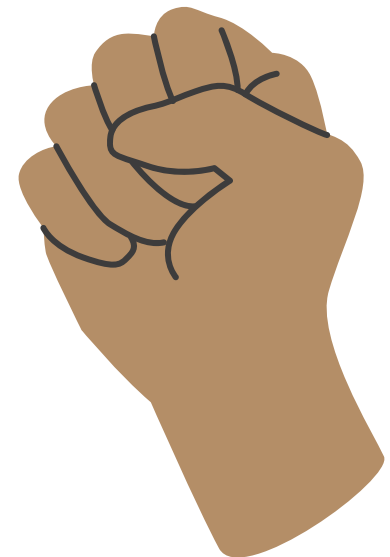


# Using My Sensory Box



# Body Tensing & Releasing

Tense up your body parts for 10 seconds  
(e.g. eyebrows, arms, hands)



Release for 10 seconds

