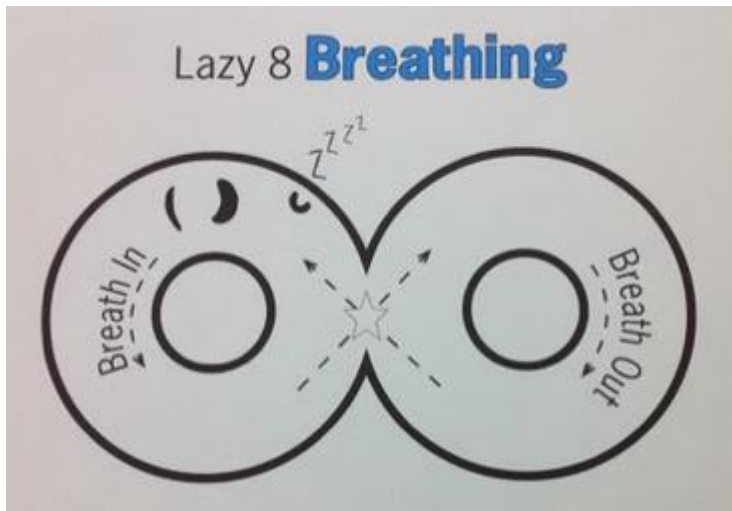


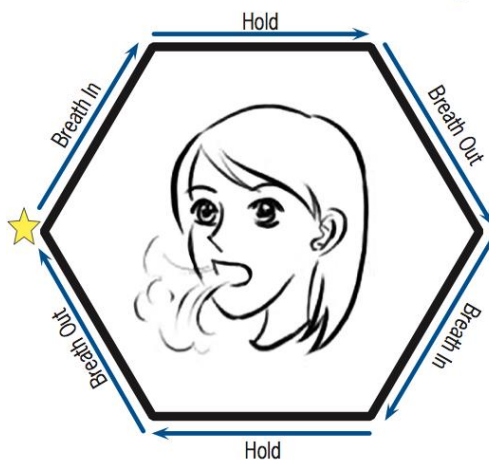
Calming techniques:



Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.

The Six Sides of Breathing



My Calming Sequence Visual

Activity: Try this calming sequence. Does it feel good and calming? How can you change it so it works for you?

This calming sequence goes like this: Squeeze your hands together; close your eyes and rub your head; then rub your legs. Repeat the sequence five times, bringing your stress down.

Counting

- Forward and backward
- Count objects
- Count colours
- Count breaths
- Count pulse



Calming Activities

- Puzzles
- Listen to Music
- Draw/Paint
- Origami
- Play-Doh/clay
- Read
- Stack Rocks
- Fit Bit calming or watch pulse

Thinking strategies:

Inner Coach vs Inner Critic

WHAT CAN I SAY TO MYSELF?

INSTEAD OF...	TRY THINKING.....
-I'M NOT GOOD AT THIS	-WHAT AM I MISSING?
-I'M AWESOME AT THIS	-I'M ON THE RIGHT TRACK
-I GIVE UP!	-I'LL USE SOME OF THE STRATEGIES I'VE LEARNED
-THIS IS TOO HARD	-THIS MAY TAKE SOME TIME AND EFFORT
-I CAN'T MAKE THIS ANY BETTER	-I CAN ALWAYS IMPROVE; I'LL KEEP TRYING
-I CAN'T DO MATH	-I'M GOING TO TRAIN MY BRAIN IN MATH
-I MADE A MISTAKE	-MISTAKES HELP ME IMPROVE
-I'LL NEVER BE AS SMART AS HER	-I'M GOING TO FIGURE OUT WHAT SHE DOES AND TRY IT
-IT'S GOOD ENOUGH	-IS THIS REALLY MY BEST WORK?



Big Deal or Little Deal?

Big Deal
IT IS INAPPROPRIATE.
IT BREAKS SCHOOL RULES.
IT IS UNSAFE.
You can't solve it alone.

- EXAMPLES**
- You are hurt.
 - Someone else is hurt.
 - There is an emergency.
 - You are being hit, abused, or bullied.
 - You are uncomfortable.
 - You are threatened.
 - There is danger nearby.

Little Deal
IT IS ANNOYING.
IT HURTS MY FEELINGS.
I DON'T LIKE IT.
You can solve it yourself.

- EXAMPLES**
- You lose at a game.
 - You don't get candy.
 - You don't get to choose what's happening.
 - You disagree with someone.
 - There's no playtime.
 - You don't like what someone says.
 - You are unhappy.

Sensory strategies:



Bear Hug

Spaghetti Noodle

Swing/rock

Go for a walk

Wall push ups

Straw (breath or chew)

Blow bubbles

Classical music

Roll on an exercise ball

Trampoline

Blanket roll