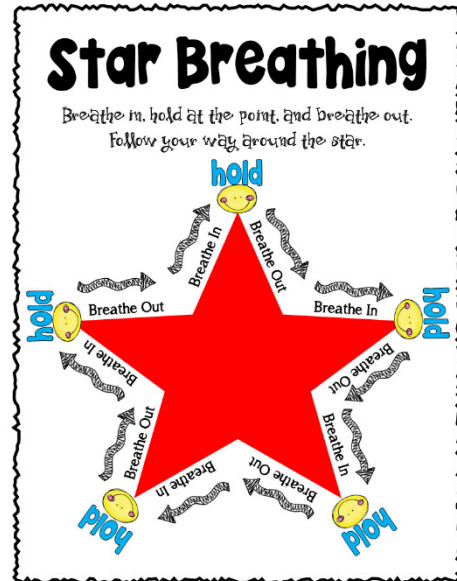
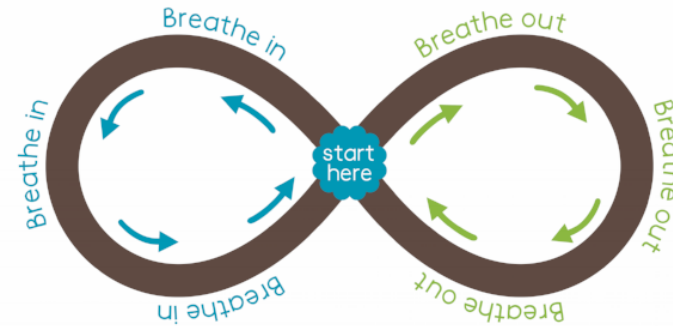


My Calm Breathing Techniques

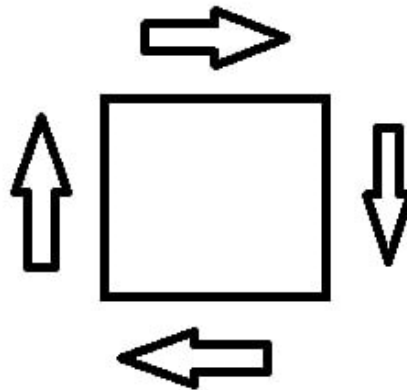
Which one will you use to keep calm? Circle your favourite one below!



Star breathing



Lazy 8 Breathing



Square Breathing



Rocket Breathing

How to make a Glitter Jar

Materials

You'll need the following ingredients

- Clear Plastic Bottle / jar
- Hot water
- Mixing Bowl or jug (preferably one with a pouring spout to easily put it in the calm down jar)
- Whisk or fork
- Liquid Watercolour or Food Colouring
- Glitter
- Liquid clear Glue

Fill your bottle about 1/8 to 1/3 full of glue. The more glue you add, the longer it will take for the glitter to settle after shaking.

Add glitter, start with a tablespoon or so.

Fill the bottle the rest of the way with warm water. At this step, before filling the bottle all the way, you can leave a little less than an inch of space at the top of the bottle, cap it, and give it a really good shake to see if you want to add more glitter, more glue, or just more water.

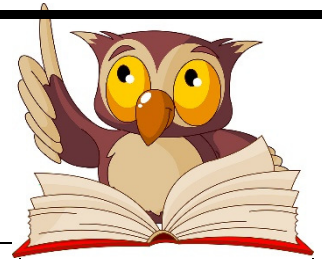
When the bottle is full up to the neck with water, glitter, and glue, put the lid on, nice and tightly. You can also use a hot glue gun to seal the cap closed if you have one.





Slowing Down My Big Feelings – Practice Sheet

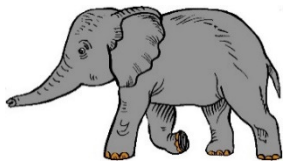
for relaxation/meditation/Positive Mantra and breathing exercises



Day 1 Practiced <input type="checkbox"/>	Day 2 Practiced <input type="checkbox"/>	Day 3 Practiced <input type="checkbox"/>	Day 4 Practiced <input type="checkbox"/>	Day 5 Practiced <input type="checkbox"/>	Day 6 Practiced <input type="checkbox"/>	Day 7 Practiced <input type="checkbox"/>
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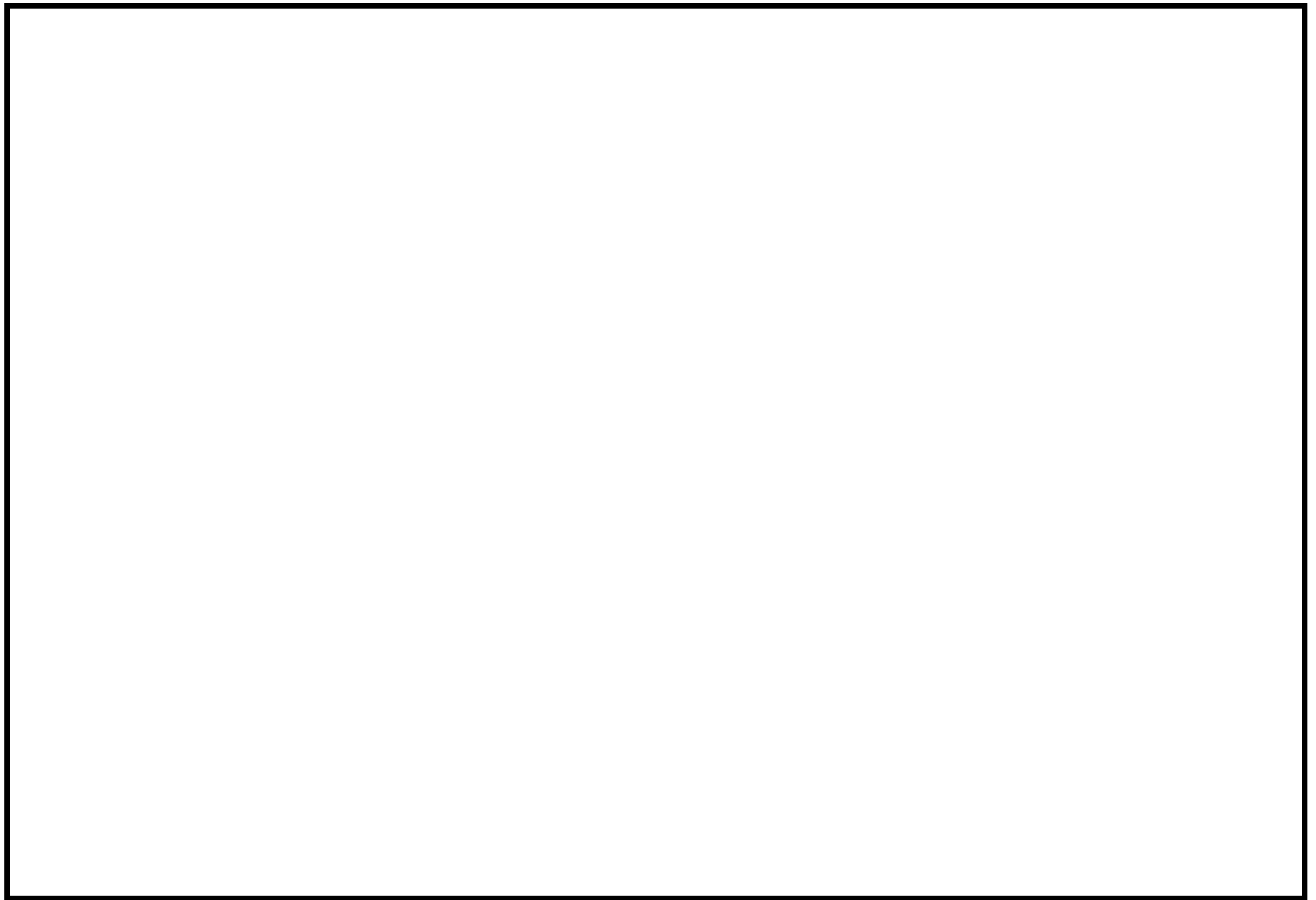
Well done – keep going for week 2 – how many ticks can you get?

Day 8 Practiced <input type="checkbox"/>	Day 9 Practiced <input type="checkbox"/>	Day 10 Practiced <input type="checkbox"/>	Day 11 Practiced <input type="checkbox"/>	Day 12 Practiced <input type="checkbox"/>	Day 13 Practiced <input type="checkbox"/>	Day 14 Practiced <input type="checkbox"/>
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Remember – the more you practice the stronger the pathway
in your brain will get from your memory bank (elephant)
to your thinking brain (Owl) and the calmer the “meerkat” will be



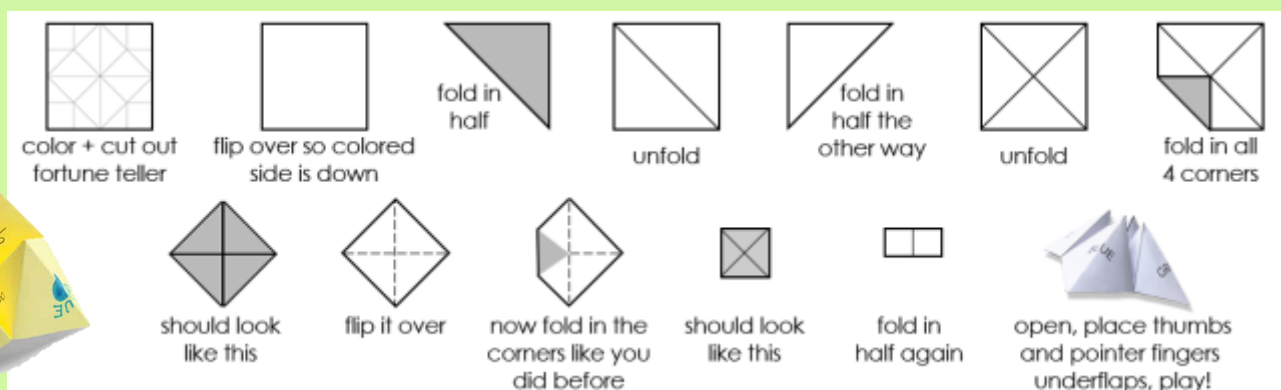
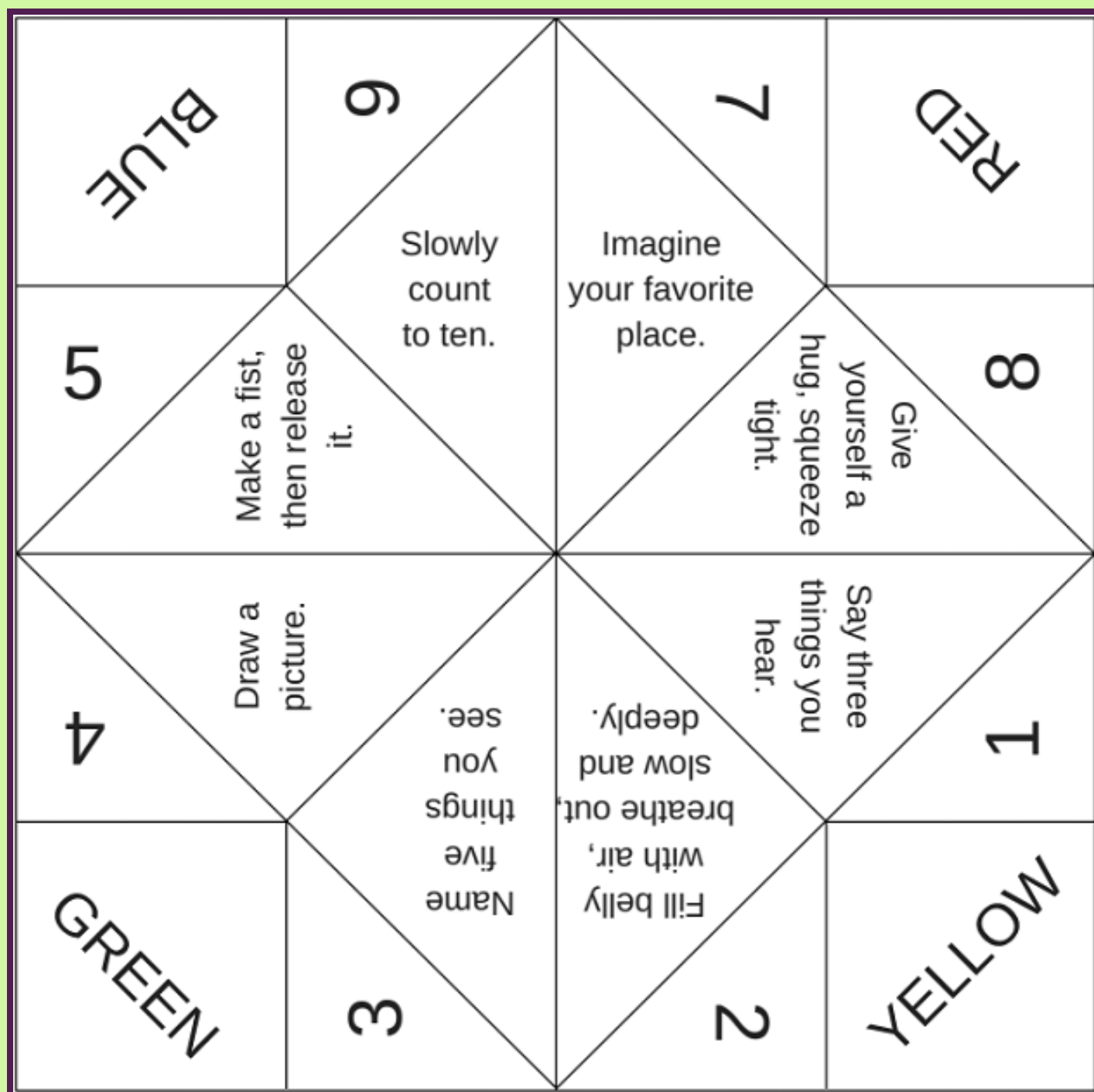




Wellbeing Fortune Teller



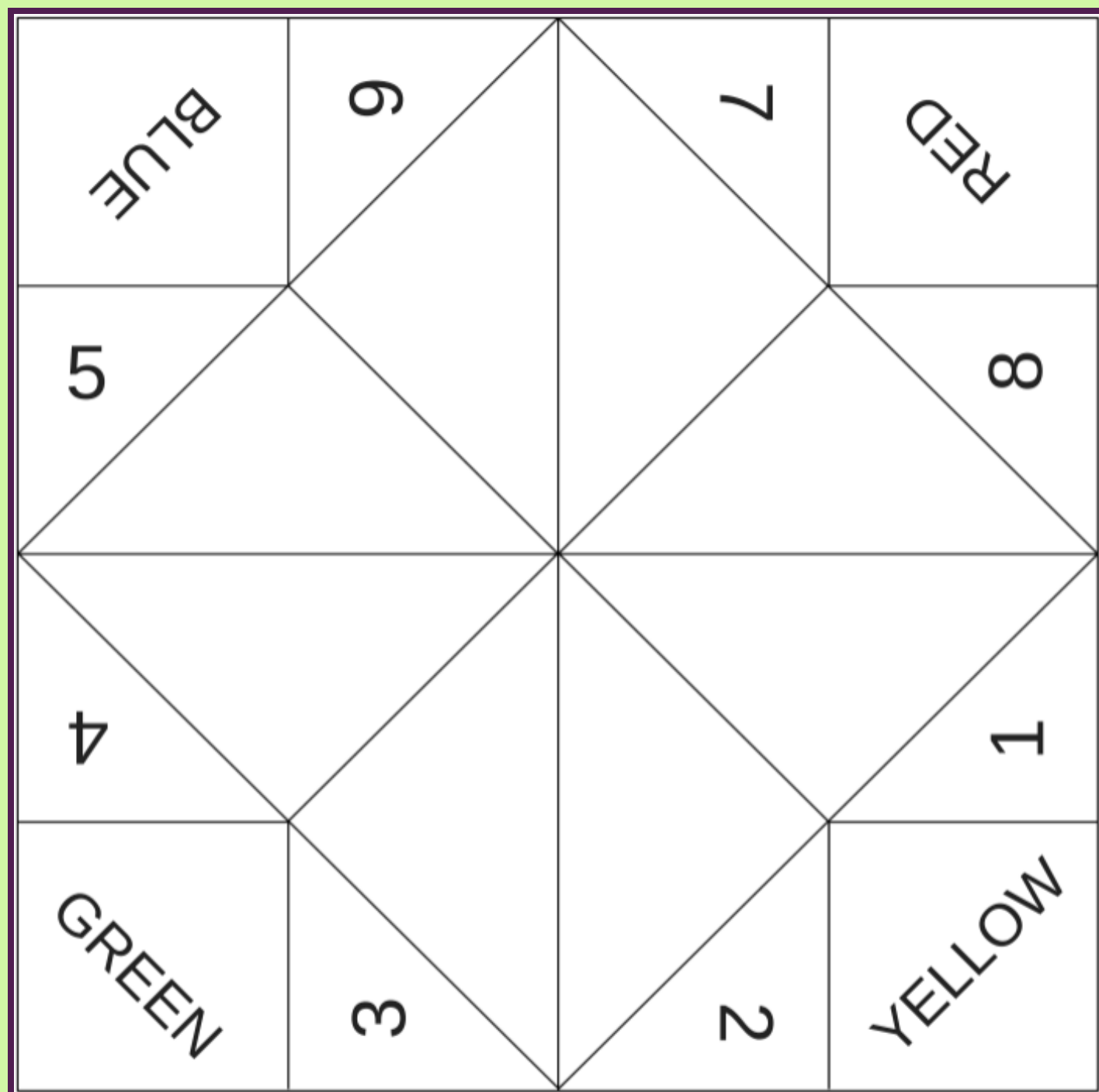
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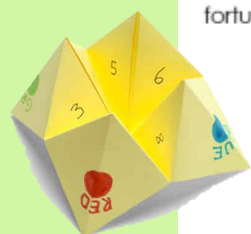
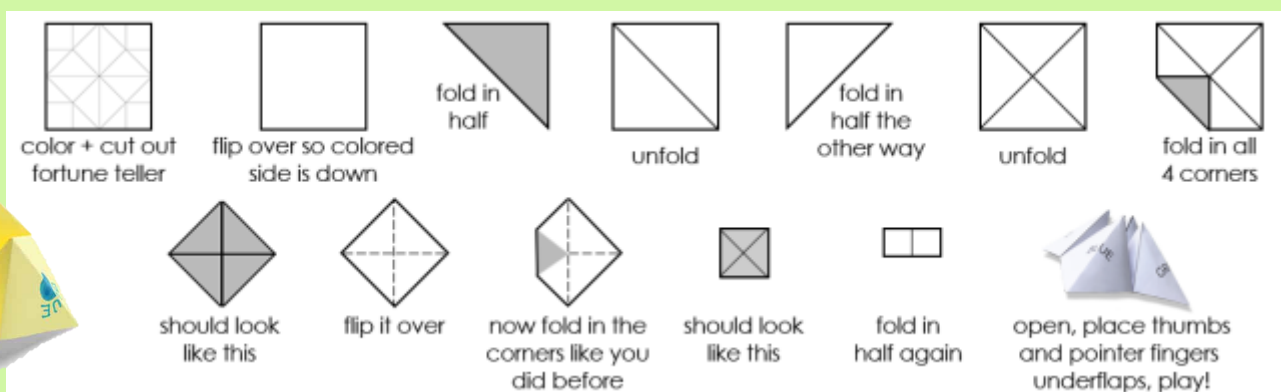
Success Empowerment Confidence



Wellbeing Fortune Teller



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Success Empowerment Confidence



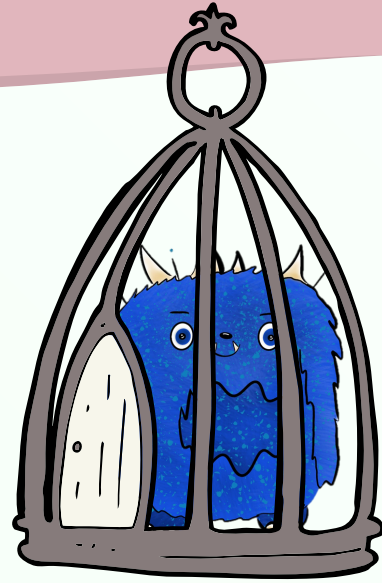
Worry Monsters



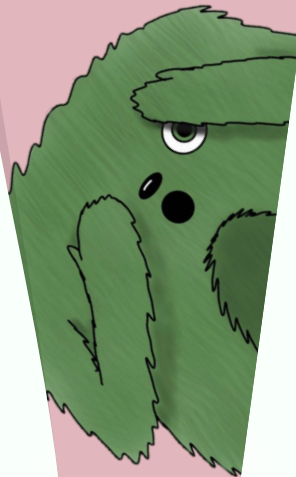
How can we get rid of our worries?



Throw them away!



Put them in a cage!



Squash them up

Blow them away

Tell someone

Success Empowerment Confidence





How am I feeling?

