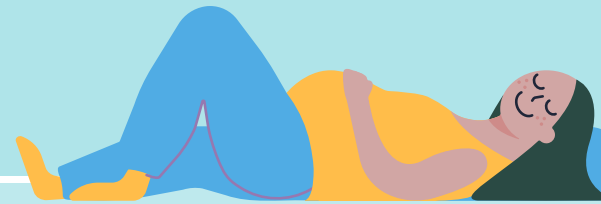


CALMING STRATEGIES

DIAPHRAGMATIC (BELLY) BREATHING

Belly breathing is one way you can help your body relax when you are feeling big emotions. By slow down your breathing, your body learns how to relax which can make you feel better. Here's how to do it!

1. Lay flat on the ground with your belly facing the ceiling. Put one hand on your belly and one hand on your chest.
2. Breathe in slowly through your nose, like you are smelling a flower. Feel your belly inflate like a balloon.
3. Hold the breath for 4 seconds.
4. Slowly breathe out through your mouth like you are blowing bubbles. Feel your belly sink as you exhale.
5. Repeat for several minutes. Notice how your body feels relaxed and calm.



PROGRESSIVE MUSCLE RELAXATION

Sometimes when we feel big emotions, our body tenses up without even noticing! Progressive Muscle Relaxation is a technique of tightening then relaxing our muscles to help our bodies feel relaxed. To practice, find in a comfortable position. You might choose to lay your back or sit in a chair. For each body part, tighten your muscles for 6 seconds then relax.

1. Face - Squeeze all the muscles in your face, scrunching your eyes, mouth, nose, & cheeks.
2. Hands - Pretend you have an orange in each hand. Clench your hands to squeeze all the juice out of the oranges.
3. Belly - Tighten the muscles in your belly, pulling your belly button in to your back.
4. Legs - Squeeze the muscles in your leg, straightening your legs like a doll.
5. Full body - Tighten every muscle in your body from your head to your toes.



IMAGERY

What we think influences how we feel. When we think about sad things like when a friend moves away, we tend to feel sad. When we think about happy things like playing with a friend, we tend to feel happy. By thinking about positive things, we can help improve our mood and feel better. Here's how!

5. Look - Use your eyes and find 5 things you can see. Say them out loud.
4. Feel - Pay attention to your body and identify 4 things you feel.
3. Listen - Use your ears and listen to the sounds around you. Say 3 sounds you hear.
2. Smell - Using your nose, pay attention to the scents in your environment. Name 2 you smell.
1. Taste - Focus on your mouth. Do you taste anything in your mouth? What is a taste you like?

