



## Calming Strategies

1. Visualisation
2. Think of your 5 favourite things
3. Deep Breathing
4. Do the Hook Up
5. Count backwards from 10-1 (repeat)
6. Grounding Technique
7. Name animals in alphabetical order (ant, bear, cow, dog etc)
8. Get a cold drink of water





## Visualisation

1. Close your eyes
2. Take 3-5 deep belly breaths
3. Imagine you are going to your special place.

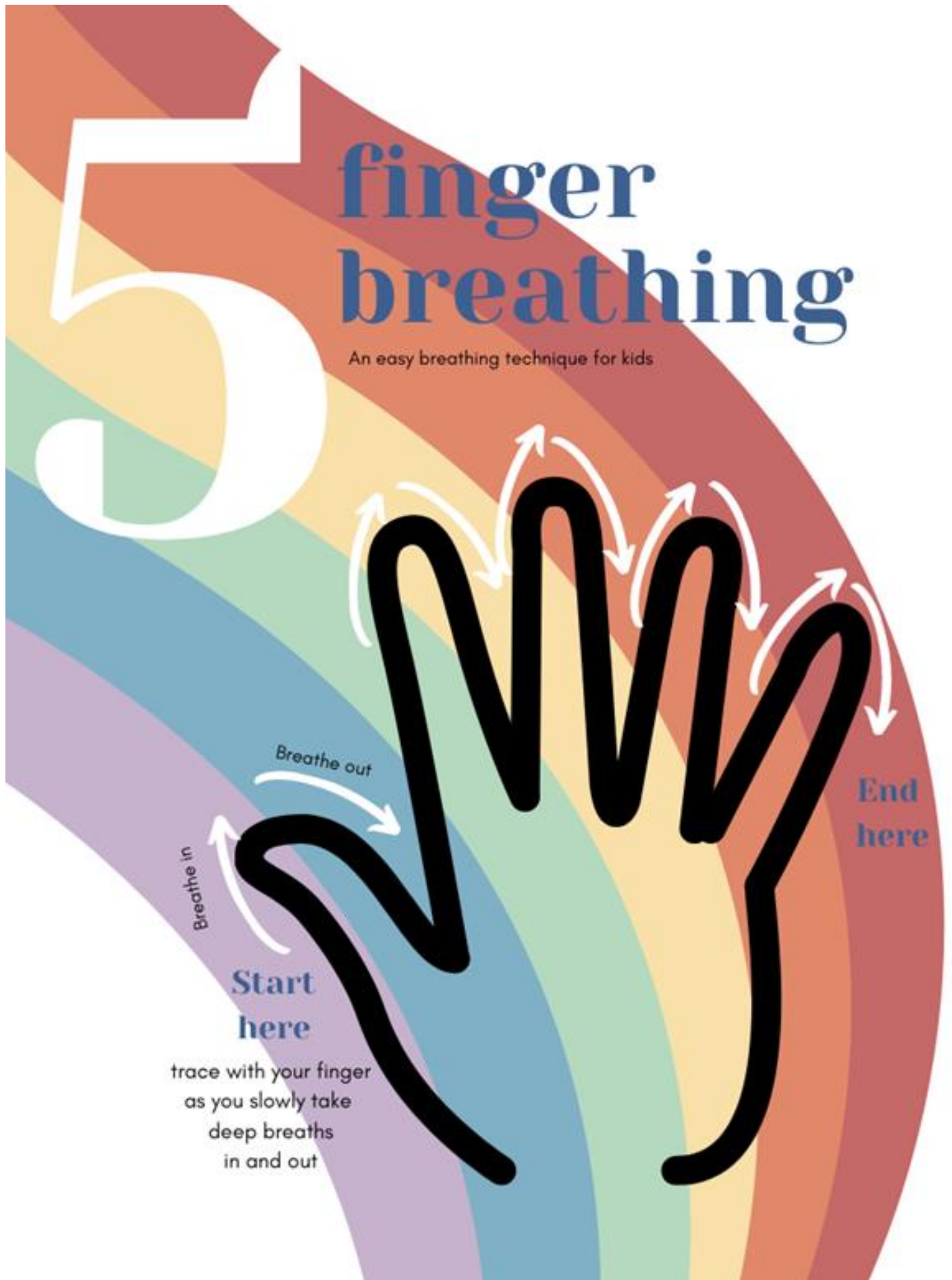
Where would you like to go?

4. When you have picked your special place, picture yourself there.
5. Think about every little thing that makes this place special.
  - What can you see?
  - What does it smell like?
  - What can you hear?
  - What does it taste like?
  - What do things feel like?
  - How does your body now feel?

6. Be aware of how comfortable you now feel, you may notice your breathing slow down and your muscles relax.

# finger breathing

An easy breathing technique for kids



# GROUNDING TECHNIQUES FOR THE SENSES

5

THINGS YOU CAN SEE



4

THINGS YOU CAN TOUCH



3

THINGS YOU CAN HEAR



2

THINGS YOU CAN SMELL



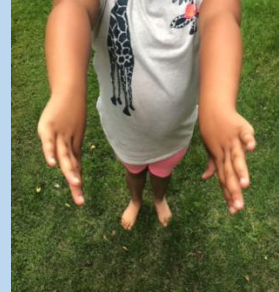
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THINGS YOU CAN TASTE



## Do the Hook Up

1. Put your arms in front of you, palms facing out.



2. Put one hand over the other at the wrists and interlace your fingers.



3. Swoop your hands and arms towards your body and place your interlaced hands on your chest.



4. Cross your feet at your ankles and put your tongue on the roof of your mouth.



5. Hold for 1 minute, and then you are done.