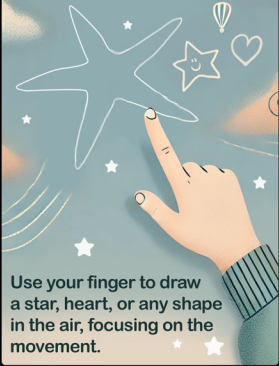


Take five deep breaths



Close your eyes, inhale slowly through your nose for a count of **four**, and exhale through your mouth for a count of **six**.
Do this five times.

Trace a shape in the air



Use your finger to draw a star, heart, or any shape in the air, focusing on the movement.

Move and imagine



Imagine there is a balloon in your hands. Slowly move your hands as if inflating and deflating it. Visualise the balloon filling with air and then gently floating away.

Mindful Touch

Hold a soft object like a piece of fabric, and focus on how it feels.



Guided Imagery



Close your eyes and imagine you're lying on a fluffy cloud high in the sky, beneath a gently shining sun.

Feel how calm and light you are!

Listen to your favourite song



Play a calming or happy song and focus on the lyrics or the beat.

Let the music help you relax.

Grounding with Senses



Use the "5-4-3-2-1" method: Look around and name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

Thumb Circles

Rotate your thumbs in slow, small circles to stretch and relax your hands.

