

Ocean Breathing

Sitting, with both feet on the floor
Close your eyes, or eyes looking down

Place your hands on your belly.
Breathe in - feel your belly blow up like a balloon
Breathe out - feel your belly relax


Imagine your breath is moving like the waves of the ocean
Breathe in - the waves roll in.
Breathe out - the waves roll out.

Do this a few time and let yourself relax.
You can do your best when you relax!




The Rule of 5

Worries take us out of the present moment and into "what if's". Bring yourself back by following the rule of 5.
Breathe deeply, and use your full attention.

Hold up one hand, with fingers stretched out 

 Focus on one thing you can SEE

Focus on one thing that you can HEAR 

 Focus on one thing that you can TOUCH

Focus on one thing that you can TASTE 

 Focus on one thing that you can SMELL

Try this a few times until you feel calmer. If you
need help, please let an adult know.

