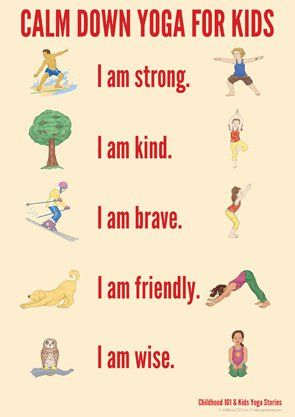
Breathing and calming resources

<https://childhood101.com/take-5-breathing-exercise/>

<https://www.youtube.com/watch?v=sh79w9pn9Cg>

[](https://childhood101.com/2015/03/helping-children-manage-big-emotions/)[](https://drive.google.com/file/d/0B3ondZPpW1RRc2IzckQxclZSRzg/view?usp=sharing)

[](http://onlineresize.club/newopen.php?img=http://i.pinimg.com/736x/17/83/f1/1783f1ff31558d2bfd41be7453f1eb21--preschool-yoga-preschool-nap-time.jpg)

Breathing visualisation

Think about smelling a strawberry – pretend to hold a strawberry up to your nose and breathe in as if you are smelling it.

Pretend to hold a candle in front of you, perhaps hold up a finger and pretend to blow it out slowly. Repeat 3 times or more if needed.

Sesame Street belly Breathe video

<https://www.pbslearningmedia.org/resource/sesame-belly-breathe/belly-breathe-sesame-street/?#.WoInr0x2vIV>

10 calm down activities for kids

<https://theimaginationtree.com/10-calm-down-activities-for-kids/>