

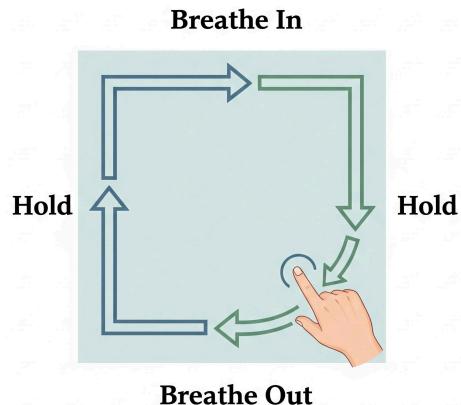
Calm Choice Cards

Balloon Belly Breathing



Put your hands on your belly.
Breathe in, belly gets big. Breathe out, belly
gets small. Do 5 breaths.

Square Breathing



Trace a square with your finger.
Breathe **in** up one side... **hold**... breathe **out**
down one side... **hold**. Repeat 3 times.



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Wall Pushes



Put your hands on the wall. Push hard like you're moving the wall, count to 10. Rest. Do it 2 times

Blow the Pinwheel



Pretend you have a pinwheel. Breathe in through your nose... blow out slowly like you're spinning it. Do 10 blows.



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Chair Push-Ups



Push Down...
Count to 5.

Sit in a chair. Hold the seat. Push down and lift your body a tiny bit. Count to 5. Repeat 5 times.

Snowman Squeeze and Melt

Squeeze
1-2-3



Melt



Make your whole body "tight like a snowman" (squeeze arms/legs) for 3 seconds... then "melt" and relax. Do it 5 times.



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