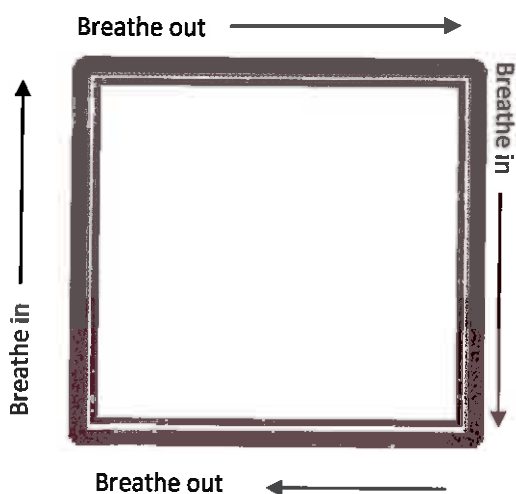
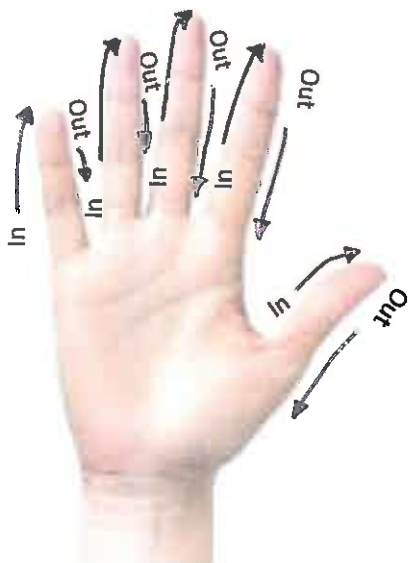
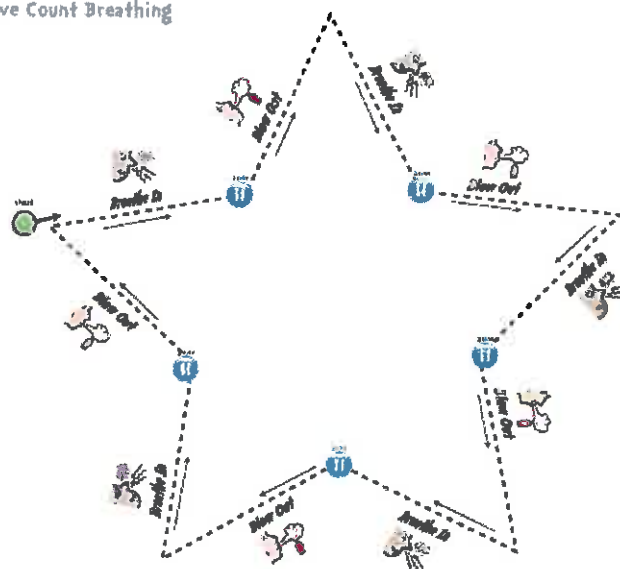


Breathing...



Five Count Breathing

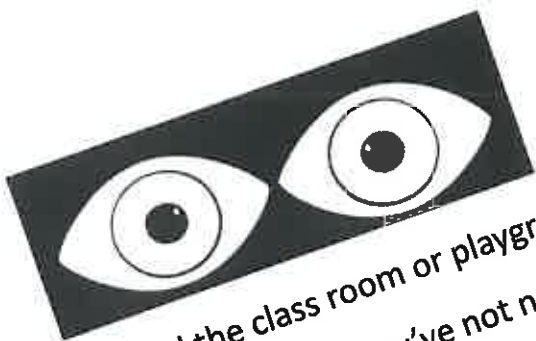
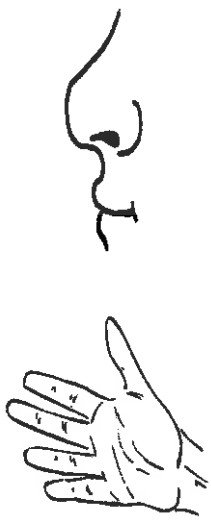


Bumble Bee Breathing

Breathe in and out slowly 5 times. When you blow out though your mouth make a low humming noise.

Sensing...

What can you...



Look around the class room or playground...
What can you see that you've not noticed before?



Run, jump or skip for 1 minute.

Close you eyes. Put your hand on your chest. Feel your heartbeat - what else do you notice in your body?

Helpful touch...

1. Knead



2. Smooth



Pizza Massage

3. Spread



6. Finish in the oven



5. Sprinkle



4. Add toppings

Give yourself a hand massage...



