

# The Calm Down Cake

Breathe in  
slowly through  
your nose like  
you're smelling  
a delicious  
birthday cake...



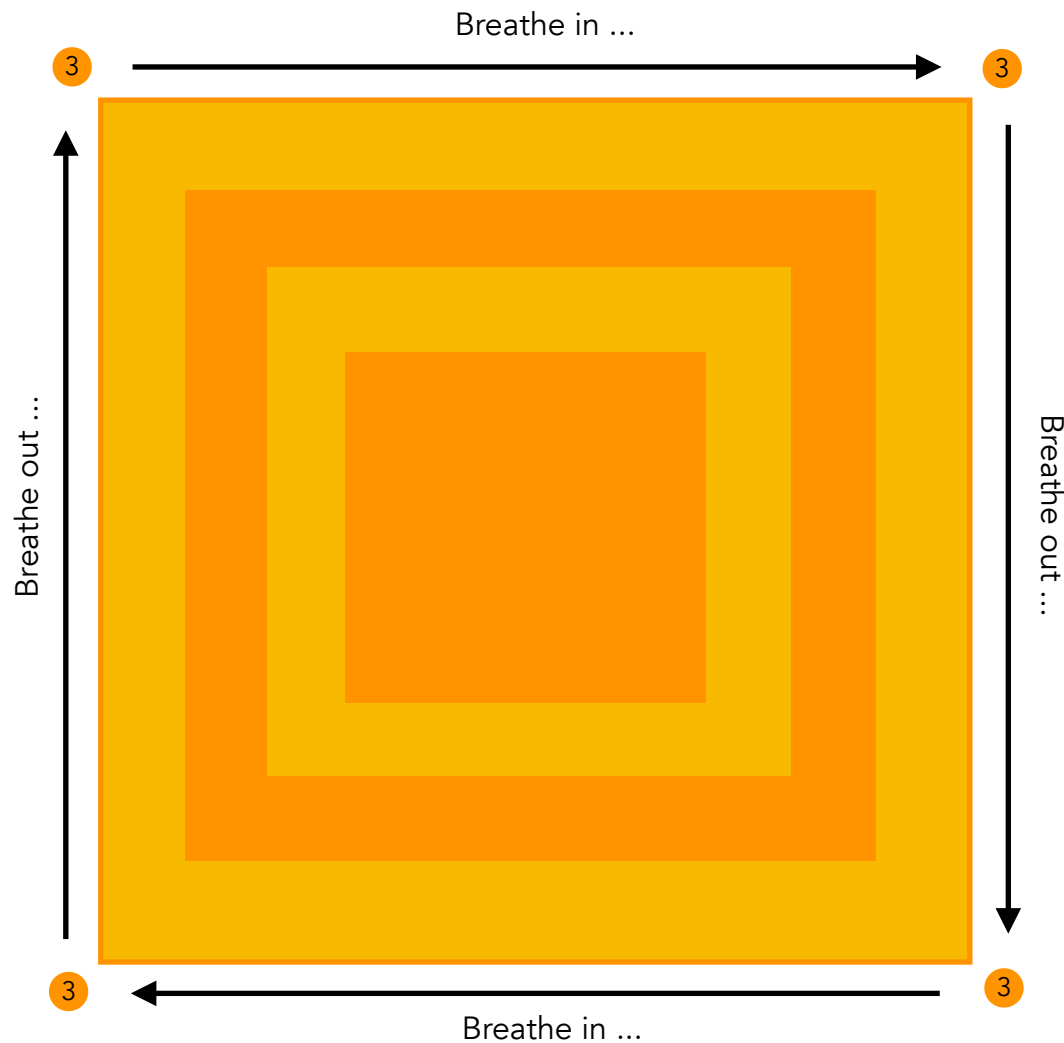
...breathe out  
slowly through  
your mouth like  
you're blowing  
out one of the  
candles.

# The Slow Down Star

Trace the outline of the star with your finger. Slowly breathe in, hold your breath for three seconds at each point of the star, then breathe out again.



# The Slow Down Square



Trace the outline of the square with your finger. Slowly breathe in, hold your breath for three seconds at each point of the square, then breathe out again.

# The Helping Hand

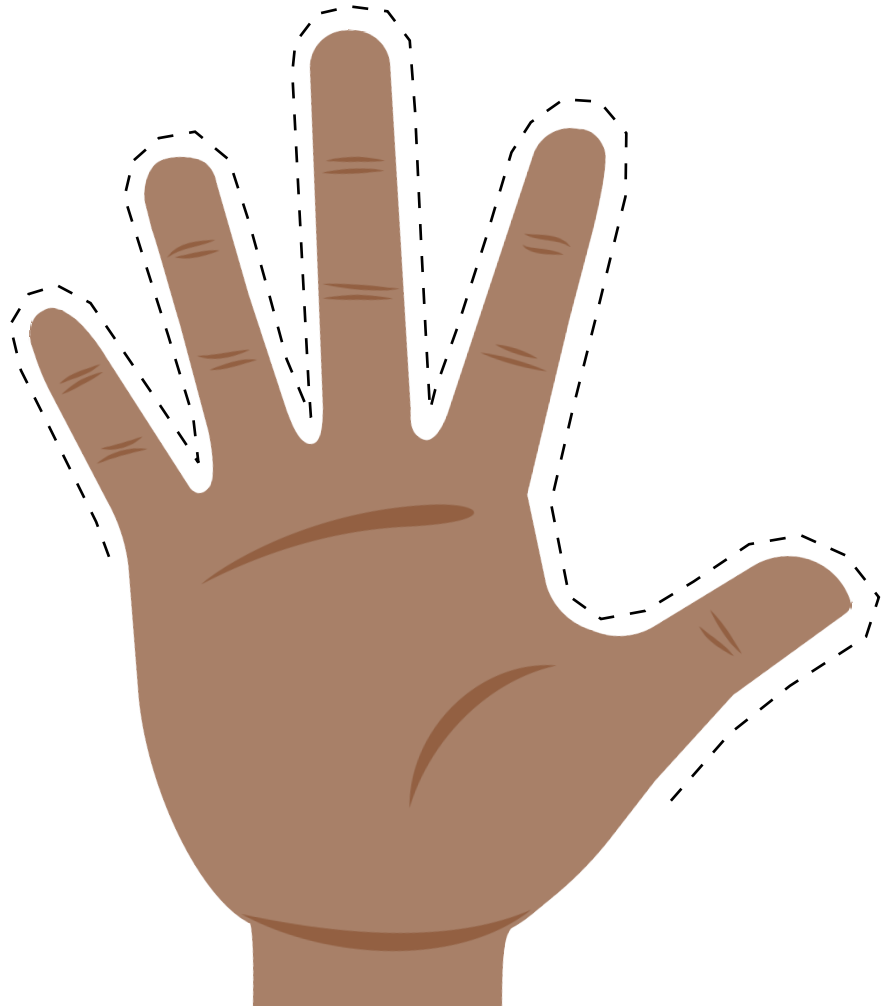


Stretch out the fingers and thumb of one hand so that there is space between each one.

Use a finger from your other hand to slowly trace up and down your thumb and fingers as you breathe in and out.

Breathe in as you trace up your thumb or finger; breathe out as you trace down.

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# 5... 4... 3... 2... 1

Take three deep breaths, then...



List **5** things that you can **see**



List **4** things that you can **feel**



List **3** things that you can **hear**



List **2** things that you can **smell**



List **1** thing that you would like to **taste**

