


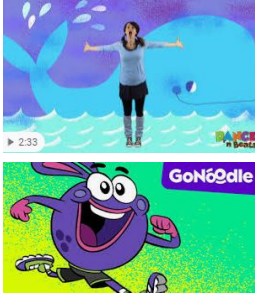










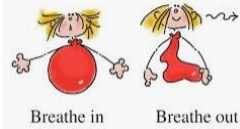


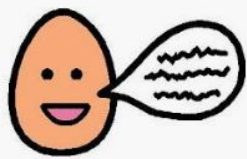





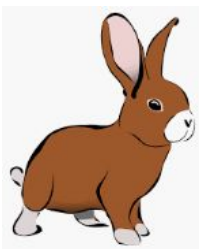


Well being jar

<p>Drawing</p>  <p>Draw a picture of something that makes you feel happy.</p>	<p>Count to five</p> <p>1 2 3 4 5</p> <p>Close your eyes, breathe deeply and count slowly to 5. Then count back from 5 to 0.</p>	<p>Drink some water</p>  <p>Slowly drink five sips of water. Focus on how it feels as you swallow the water.</p>	<p>Dance</p>  <p>Put on some music and dance freestyle.</p>	<p>Follow a dance routine</p>  <p>Put on Dance n Beats or a Go Noodle and learn the routine.</p>
<p>Imagination</p>  <p>Close your eyes, breathe deeply and imagine you are somewhere that makes you feel calm and happy.</p>	<p>Upside down</p>  <p>Stand up and touch your toes. Focus on how this feels. (Turning upside down directs the blood flow to the head and can make you feel calm.)</p>	<p>Happy thoughts</p>  <p>Close your eyes, breathe deeply and think about something, some one or some place that makes you feel really happy.</p>	<p>Listen to music</p>  <p>Close your eyes, breathe deeply and enjoy listening to some calming and relaxing music. Draw a picture.</p>	<p>Sing</p>  <p>Sing some songs you know.</p>
<p>All about me!</p>  <p>Close your eyes, breathe deeply and think about the things you love most about yourself.</p>	<p>Hug yourself</p>  <p>Close your eyes, breathe deeply and wrap your arms around yourself. Give yourself a big squeeze and say something nice to yourself e.g. I love you.</p>	<p>Exercise</p>  <p>On the spot do five...</p> <ul style="list-style-type: none"> • Jumps • Hops • Star jumps 	<p>Stretch</p>  <p>Start off by curling up small. Then stretch up tall. Now stretch out wide.</p>	<p>Laugh</p>  <p>Take turns to tell each other a joke. Make funny faces at each other.</p>

<p>Belly breathing</p>  <p>Breathe in Breathe out</p> <p>Put your hands on your belly. Slowly breathe in through your nose and feel your belly and lungs get bigger. Slowly breathe out through your mouth and feel your belly and lungs get smaller.</p>	<p>Bee breathing</p>  <p>Put your hands over your ears. Slowly breathe in through your nose and then breathe out making the sound of the letter 'm' (a humming sound), until you need to breathe in again. (Go Noodle)</p>	<p>Melting</p>  <p>Tense up your whole body and relax each part one at a time starting from your toes. (Go Noodle)</p>	<p>Say something kind</p>  <p>Tell someone you know something you like about them.</p>	<p>Read</p>  <p>Listen to a story or read a book.</p>
<p>Finger breathing</p>  <p>Deep breathing using your hand.</p> <p>Breathe in through your nose raising arms above your head. Slowly bring arms down again as you breathe out through your mouth.</p>	<p>Elephant breathing</p>  <p>Stand with feet wide apart and dangle arms in front. Breathe in through your nose raising arms above your head. Slowly bring arms down again as you breathe out through your mouth.</p>	<p>Hissing breathing</p>  <p>Slowly breathe in through your nose and then breathe out making the sound of the letter 's' (a hissing sound), until you need to breathe in again.</p>	<p>Bear breathing</p>  <p>Breathe in through your nose for 3. Pause for 3. Breathe out through your mouth for 3.</p>	<p>Bunny breathing</p>  <p>3 quick breaths in through the nose. 1 long breath out through the mouth.</p>