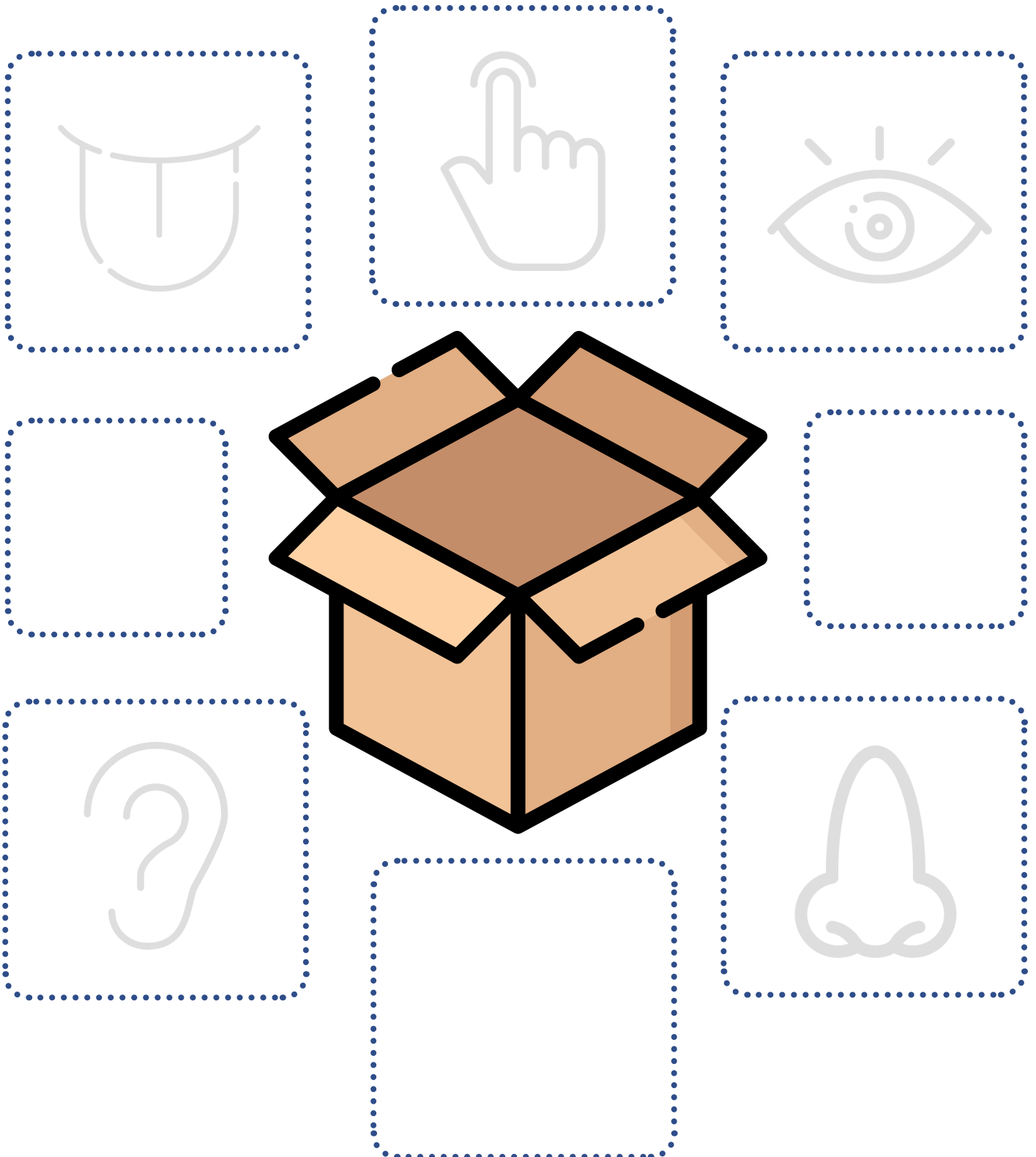


My Self-Soothing Box

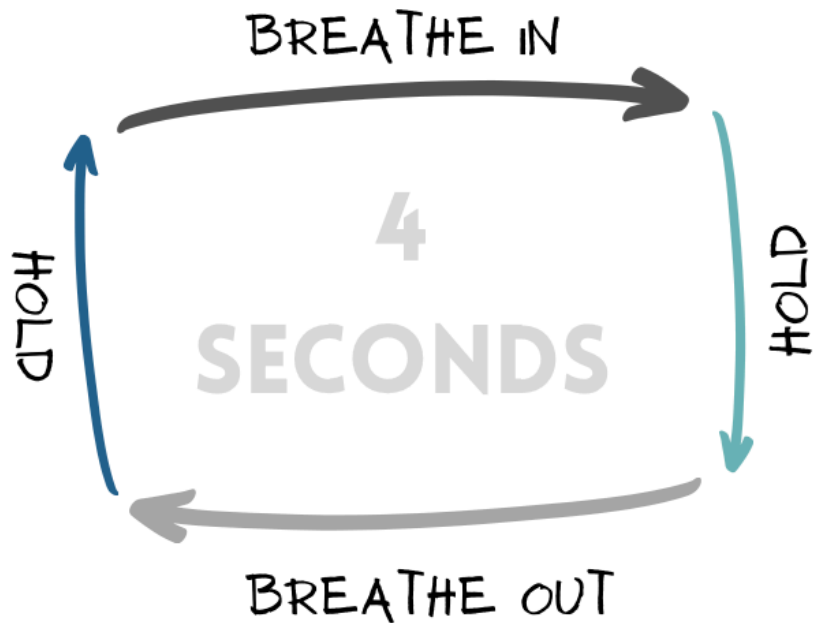
What would go in your Self-Soothing box? Try to find at least one thing that suits each of the five senses!



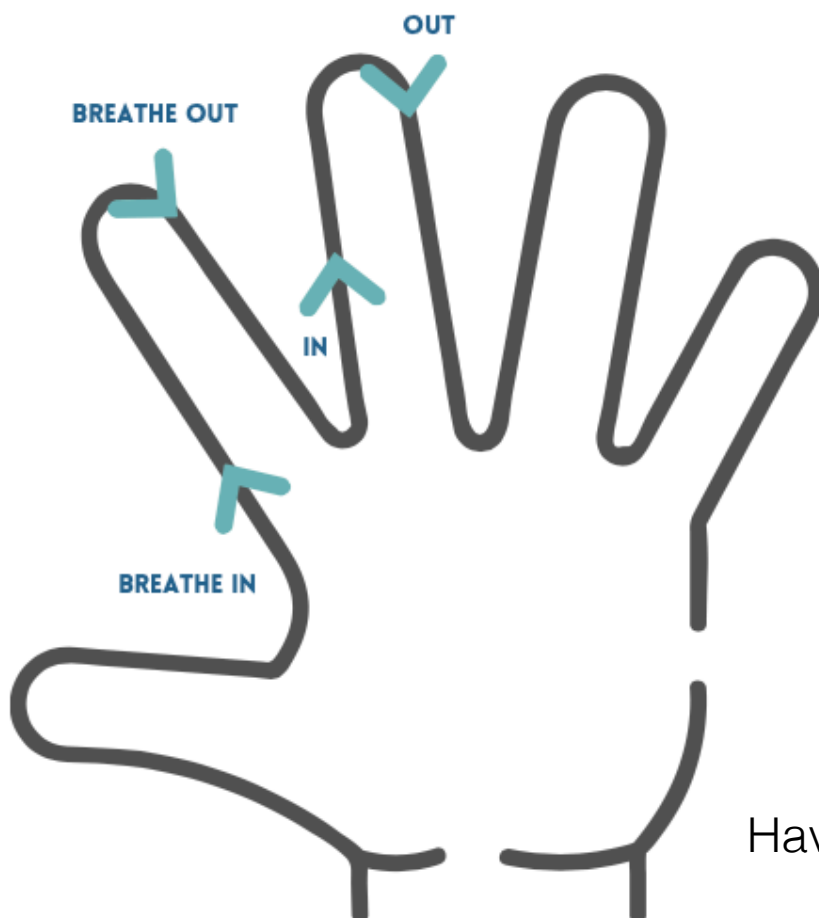
Breathing Techniques

Box Breathing is a simple technique that you can discreetly use anywhere.

Take a moment now to see how many squares or rectangles you can find in the room you are in.



Starting in top right hand corner use your eyes to trace around the square or rectangle shape. Repeat until calm.



Finger Breathing is another simple technique you can do anywhere, without anyone needing to know you're doing it!

Trace around your hand, breathing in when tracing up your fingers, and breathing out when tracing down.

Have a go at both techniques and see which you prefer!